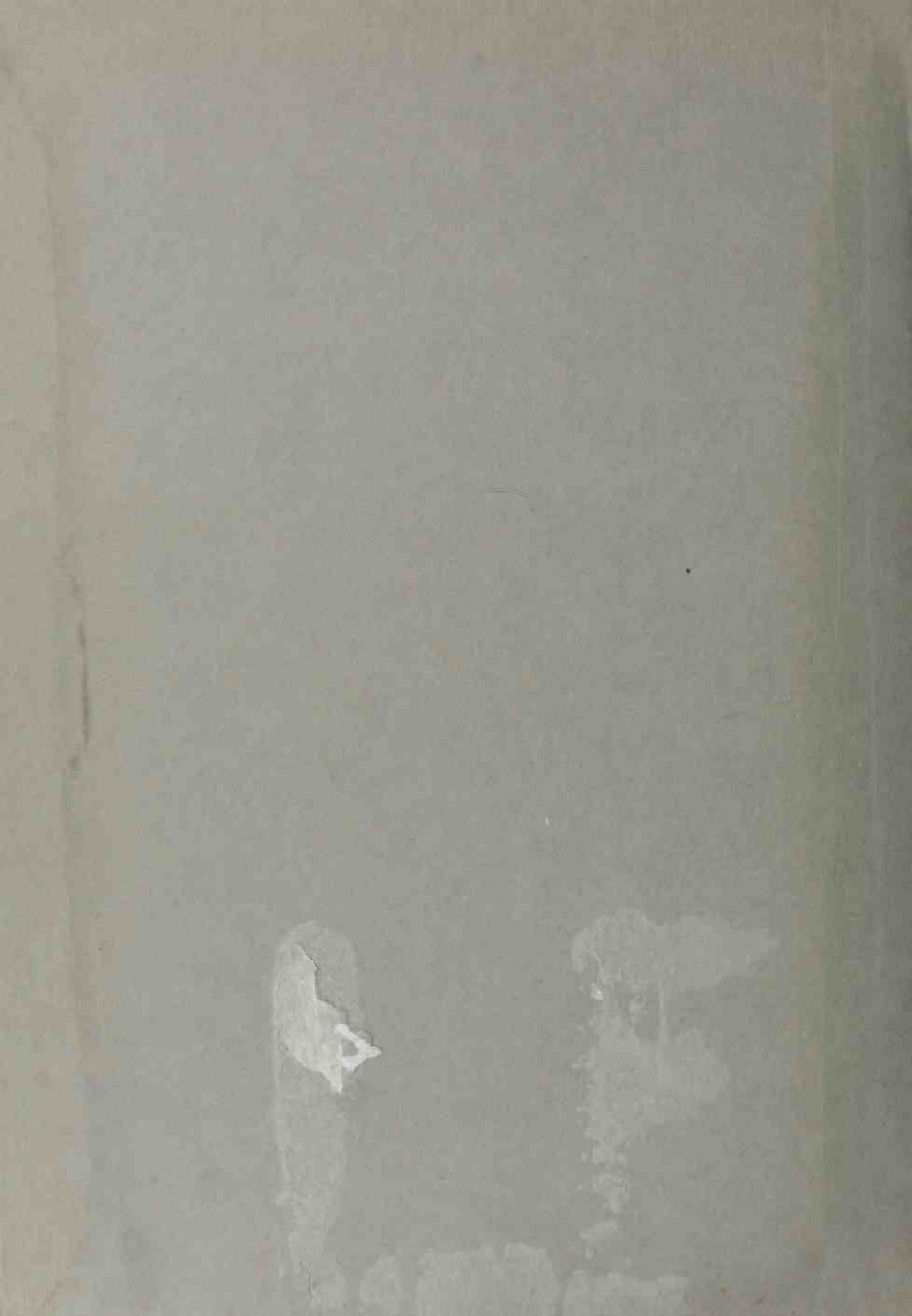

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SUNSET MAGAZINE
(The Pacific Monthly)
JANUARY 1934
Vol. 72 No. 1

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L. W. LANE PUBLISHER

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ADVERTISING OFFICES
Main Office, San Francisco, Sunset Bldg., 1045 Sansome St.
New York, 501 Fifth Ave. Boston, Old South Bldg.
Chicago, 919 North Michigan Ave.

SUNSET is the magazine for people living in the Pacific West. Subscription rates 50 cents for one year; $1.00 for 2 years. Canadian and foreign subscriptions $2.50 per year. The editorial contents of this issue of SUNSET are copyrighted and only reliable advertising appears between its covers.

Published monthly by LANE PUBLISHING CO., Sunset Building, 1045 Sansome Street, San Francisco. Pacific Central Edition entered at San Francisco Post Office as second class mail matter. (Member of the Audit Bureau of Circulation.)

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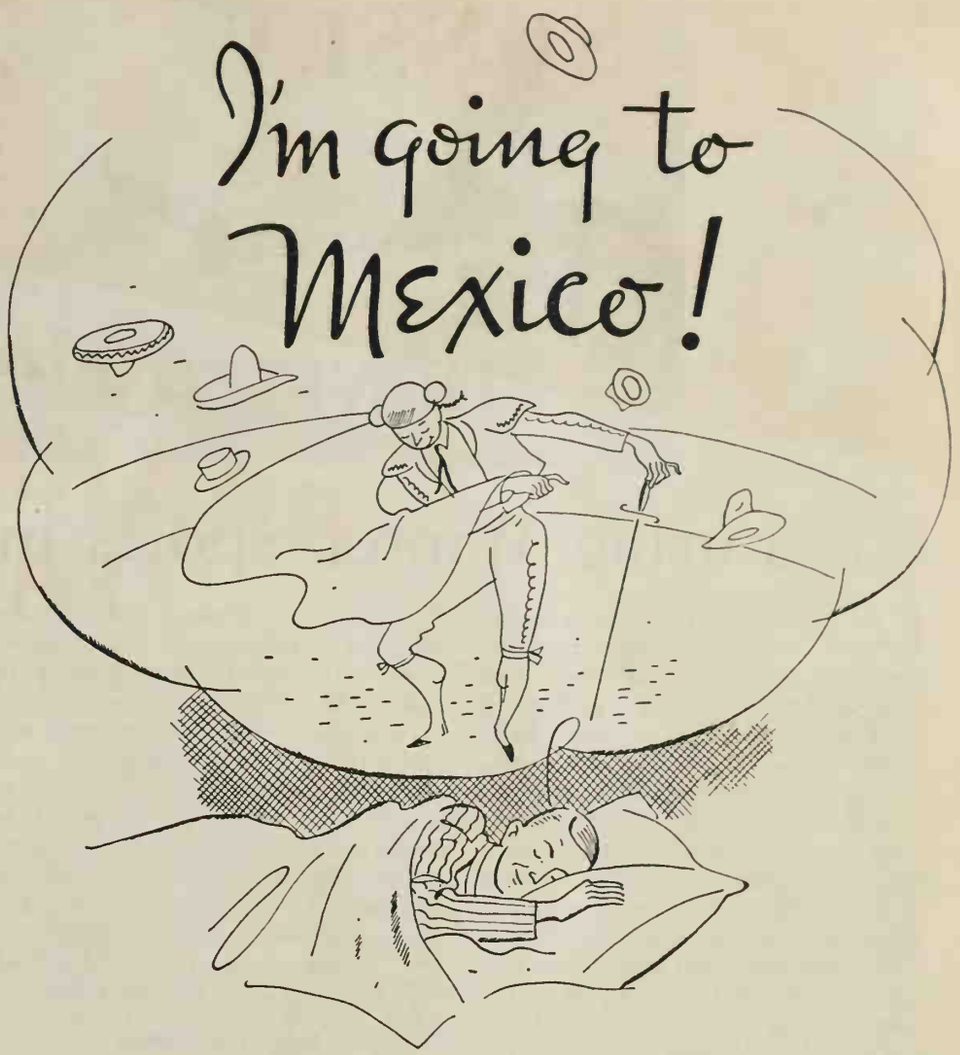

Strangely enough, this advertisement about Mexico is being written by a man who has never been there. I've read about it and dreamed about it. And now I'm going.

I'm leaving San Francisco some Thursday night soon on the "Lark." Friday morning I'll be in Los Angeles. That night I'll board the Southern Pacific Pullman that leaves on the "Sunset Limited" every Tuesday and Friday night and goes clear to Mexico City in three days.

What am I going to see? I don't know for sure. I'm planning to stop at one or two of the cities along the *West Coast Route.* Mazatlan—I've seen pictures of it—a tropic seaport with coco palms and unspoiled native life. The movie people use it for "South Seas" atmosphere. I want to stop a day or two at Guadalajara. Mother asked me to bring her some of their bubble glass, and Tonola pottery, and Mexican silverware with its naïve designs. I want a bright *sarape* for my wall. The U. S. Customs let you bring in $100 (in our money) worth of Mexican goods, duty free.

I hope to spend a week in Mexico City. It has over a million people, I've heard, and a balmy, rainless climate in winter. I want to find out why they compare it with Paris. I want to eat at Sanborn's, and visit the floating gardens of Xochimilco, and see the pyramids. Maybe I'll see a bull fight.

THE COST?

What interests me most is that my dollar will buy 3½ Mexican pesos. And they say prices, in pesos, are very low in Mexico. Pullman charges have been reduced. I am paying only $23.50 for my lower berth from San Francisco to Mexico City. And the rail *roundtrip* fare is only $107 from San Francisco ($96 from Los Angeles).

For the free booklet, "West Coast of Mexico," and detailed information, write F. S. McGINNIS, 65 Market St., San Francisco, H. P. MONAHAN, Pacific Electric Bldg., Los Angeles, or J. A ORMANDY, 705 Pacific Bldg., Portland.

Southern Pacific

Featuring Winter Sports in Sunset Land

LET'S get up where the air is crystal pure and the scenery is breath-taking out of sheer loveliness. You stand atop the crest of a hill, someone gives you a gentle push, and you're away—gliding down the long white slopes, faster—faster—faster until you feel like a bird on wing! You tingle, you want to shout—this is great! Over a bump—a scooting dip—oh man! A push on your poles, more speed—a sudden sweeping turn, a fine spray of snow—you've stopped! And that, readers, is known as the art of ski-ing, one of the keenest thrills you've ever enjoyed. (If you don't know how, we have a 25 cent booklet on "How to Ski.")

We of Sunset Land are in for a jolly winter, and winter sports are the means of inexpensive, exhilarating and healthy fun. From the top of Grouse Mountain down to the lakes of Southern California, up and down the whole Pacific Slope the cry of the day—"track! track!" will be heard for miles around. Let's go to the mountains for snow sports. Grouse Mountain* near Vancouver is good for ski-ing; Mt. Baker* and Shuksan out of Bellingham, and Snoqualmie Pass and Lake Kachess, a short run from Seattle, are good for all snow sports. Ski tournaments are held the latter part of January. Longmire and Paradise at Rainier* are even more beautiful under a blanket of snow; Leavenworth and Cle Elum are good for ski-ing, and Spokane and lakes around the city for skating.

The Dog Derbies

Oregon can rightfully boast about beautiful Mt. Hood*—tournaments will be held on the mountain in February, and ski contests will be held at Three Sisters near Bend. A race is held in February from Klamath Falls to Crater Lake*. Dog Derbies are held yearly in Idaho at Lewiston, McCall and Ketchum around March. The American Dog Derby is run at Ashton on Washington's Birthday. Utah's winter sports center around the lovely mountains near Ogden. An annual snow carnival is held in Ogden Canyon, with tournaments and dog derbies. The world's longest and, according to experts, greatest ski hill is located near Ogden. No wonder! It is estimated a jumper can attain a speed of 150 miles an hour on the hill! Good skating is to be had on the Truckee River near Reno, Nevada, and other snow sports are enjoyed at Mt. Rose Ski Hill in Galena Creek near Reno.

Snow Excursions

California is doing a splendid bit of work in creating interest in the snow sport areas of this state—accessible by car, train or motorcoach within a few hours. A campaign is being carried on and, according to plans, a series of special week-end trips to various snow sport centers around Central California is planned. The entire program will culminate with a grand celebration and crowning of the Snow Queen at Yosemite Valley the last week end in February. Winter sports may be enjoyed in California from the glistening cone of Mt. Shasta down to Mineral, Portola and Mt. Lassen*; Truckee,* Tahoe* and Auburn*—the site of the Auburn Ski Club where interesting tournaments with famous participants are held. The 1200-foot toboggan slide is the most thrilling yet! The entire Mother Lode* from Grass Valley to Calaveras and Long Barn offer all types of snow sports, and Yosemite Valley* the most complete winter sports program daily—skating, ski-ing, ski-joring, curling, tobogganing, moonlight rides in four-horse sleighs, and last but not least, tin-pan alley-ing. Shaver Lake in the vicinity of Fresno, and General Grant* and Sequoia National Parks* are good for snow sports. A week end in the snow among the giant redwoods is as beautiful a sight as one can find the world over. Los Angeles and area enjoy winter sports from Wrightwood, Big Pines,* Camp Baldy,* Mt. Wilson, Arrowhead and Big Bear,* Twin Peaks and Camp Seely. And Arizona, believe it or not, finds snow on the rim of the Grand Canyon!*

Hotel and cabin accommodations are available at or near all winter sports areas, and equipment may usually be rented. Booklets are available on all regions marked with asterisks. Please enclose a three-cent stamp when requesting literature.

So many persons ask us each year what clothing is necessary for winter sports. A pair of galoshes, an extra sweater and some warm mittens are the only extra accessories necessary unless you wish particularly to buy a regular outfit. A leaflet on "What to Wear in the Snow" is also available for a three-cent stamp.

New Orleans Mardi Gras

Travel Editor, Sunset Magazine:

I am planning a trip to New Orleans shortly, and having no friends there to show me the points of interest, felt that you could send me some information. When is the Mardi Gras? I should like to include this in my trip if possible.—A. U., Burlingame, California.

It was a simple procession back in 1827 by a group of young Creoles returned from studies in Paris, that set the precedent and later the tradition on which New Orleans has built the famous celebration known as the Mardi Gras. This year it is to be held February 8 to 13, one of the most colorful pageants and festivals of the year. The history of the Mardi Gras is a long and fascinating one—too long for these pages, so we have sent you the booklet "The Story of the New Orleans Mardi Gras," as well as a newly issued booklet covering the points of interest in New Orleans. Among the sights, the historic old French Quarter (not touched upon at

length in the folders) appeals to us particularly. You will want to see the Little Theatre on St. Peter Street, with the charming flower filled courtyard harking back to the days of the Spanish governors. On Dumaine, Royal and Chartres Street stands the decrepit old house of Mme. John, the scene of one of Cable's romances. Visit the region of the Vieux Carre—homes handed down from father to son for years—a memorial to Old New Orleans. The St. Louis Cathedral directly in front of Jackson Square, dating back to 1782, is interesting. We have also sent you folders on New Orleans hotels. If you plan to see the Mardi Gras, make your hotel reservation well in advance, for accommodations will be at a premium before the festival.

A New Canadian Highway

TWO of the largest and most attractive national parks in Canada will soon be linked by a 150-mile highway. This new road will connect Jasper National Park with Banff National Park, both in the province of Alberta. When completed, the highway will pass through some of the most impressive scenery in the Rockies, and will afford an opportunity of visiting both these beautiful parks on one circle tour. Heretofore Jasper Park was practically inaccessible by motor. Note: Maps of Western Canada are available to readers for a three-cent stamp.

Around the World for $654

Travel Editor, Sunset Magazine:

Please send the clothing list for round the world travelers as advertised in last month's issue. My wife and I plan such a trip next summer. By the way, are the reduced rates still in effect? I think it was around $750. W. W., Winlock, Washington.

The clothing list for which you ask has been sent, and we know it will be helpful in planning your wardrobe. Even though you do not anticipate your trip around the world until summer, we have sent along some booklets giving you a detailed itinerary, with interesting notes about the various world ports en route. Much of the fun, we contend, is in anticipation and the planning of your trip. The special round-the-world rate of $749 has again been reduced, and you can now make the trip for $654, first class, or $439 tourist class. It is actually cheaper to travel than to stay at home under these rates! Let us help you plan a definite itinerary, should you decide to take one or more of the delightful side trips offered on a round the world schedule.

Bali—Enchanted Isle

"Just another book on Bali" we thought, as we picked up the copy of "Bali, Enchanted Isle," by Helen Eva Yates (Houghton, Mifflin, $3.00) that came to our desk for review. It was our insatiable curiosity and interest in this

Main Lounge, S. S. MARIPOSA

Hawaiian zest for living sounds the keynote on the "Lurline", "Mariposa", "Monterey" and "Malolo", magnificent, new ships that exalt the pleasure of travel. In grand salons Hawaiian natural splendor soothes your senses from wall and tapestry. In lanai suite or single stateroom twentieth century genius outdoes itself for the traveler's comfort and happiness. + + Five days—then Hawaii. Another world in this world. *A place to linger.* Summer does the year 'round. The cost? To suit modest purses.

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New ships—"Mariposa" and "Monterey"—to travel lanes of the Southern Cross. 15 days to New Zealand. 18 days to Australia. Low costs whisper—you can.

We have remarkable brochures . . . with pictures . . . So have all travel agencies.

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Cruise
THE SPANISH MAIN
ON YOUR WAY
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GRACE LINE
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HAVANA & NEW YORK
VIA 6 SPANISH AMERICAS

- *Mexico*
- *Guatemala*
- *El Salvador*
- *Panama*
- *Colombia*
- *Cuba and*
- *Panama Canal*

Down the "Santa" sea-way and into the Spanish Main! The kind of thing that makes boys long to run away to sea, and grown men and women congratulate themselves that they can. Adventure and romance gilded with modern marine luxury on these *first* ships to have all outside staterooms with private bath. Of course, you dine under blue skies and tropic stars in the famous top-deck dining saloon. Smart night club life as New York syncopates it. An open-air tiled swimming pool that Neptune himself might have designed. No wonder the traveling public nods approval.

*4 *Marine Superlatives*
SANTA ROSA · SANTA PAULA
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Fares on Cabin Liners $145 - $150 between California and New York.

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* Emphasizing new pleasures in Pacific Coast voyaging . . . each one of the luxurious four. Fares so low, it's hard to believe they include meals, sports, entertainment, a real bed, and private bath.

At any travel agency, or railroad ticket office learn the full story, or

GRACE LINE

San Francisco, 2 Pine St. Los Angeles, 525 W. Sixth St. : Seattle, 1308 Fourth Ave. : Victoria, (B. C.) 817 Government St. : 10 Hanover Square, New York

Paradise Isle that tempted us to start the book, we confess—but we found ourselves so intrigued with the adventure that for the first time in moons we wanted to finish the book at one sitting. Much has been written of Bali—of its primitive customs, its deep regard for religion, its simplicity, beauty, and no doubt this author is repeating what others have said, but she does it in such a whimsical friendly manner that you are not reading of Bali—you are *in* Bali. You wander with the author in a leisurely manner through the island; eating of native food, standing breathless in the deep jungle; trembling at the beauty and sincerity of the religious ceremonies; or witnessing a dainty temple dancer perform by the light of a full Balinese moon; or laughing outright with the natives at the performance of their puppet shows. The book is not only an adventurous tale of a really enchanted isle, but it is an excellent guide to Bali as well. Miss Yates has also included some rather tempting recipes of Balinese foods whose concoction sounds to us nothing short of a feat, but whose preparation, the author assures us, is quite a simple matter with the proper ingredients at hand. We closed "Bali—Enchanted Isle" with the feeling that our vicarious journey was over all too soon.

Freighters to Europe

IF A. M. of Arizona, who wrote the Travel Department recently, will send us full name and address, we shall be glad to forward descriptive booklets giving full information on the numerous passenger-freighter ships sailing from Pacific Coast ports direct to Europe via the Panama Canal. Fares range from $220 and up, one way. Some ships carry from 6 to 8 passengers, and others as many as 50 passengers.

Rail Rates Are Reduced

RAILROADS are not only experimenting with caterpillar trains (to travel 110 miles an hour), rubber-tired coaches, aluminum cars, and diesel engines with the promise of new comforts and conveniences for rail travelers, but preparatory to the completion of their experiments, rail and Pullman rates have been severely slashed. Effective December 1, rail fares between the West Coast and Chicago were reduced to the lowest in history. Reductions amount to from one-sixth on one way trips, to one-half on round trips of 10-day limit. The basic fare is three cents a mile in Pullman and parlor cars; two cents a mile on the ten-day round trip ticket. Between principal cities of the Middle West and Pacific Coast a 12-month limit round trip ticket is allowed at two and a half cents a mile rate. Circle tours including both California and the Pacific Northwest may be made at no extra fare on the round trip ticket. Between cities

3 days of
YOSEMITE
WINTER SPORTS

THREE full days of skiing, ski-joring, skating carnivals, tobogganing, moonlight sleigh-riding, jingly dog team tours and "ash-can" sliding for as little as $14.17 (for children, $7.08)—cabin and meals at Yosemite Lodge!

This winter the new tunnel highway between Yosemite Valley and the Mariposa Big Trees will be constantly kept open, and on your way you'll find some real High Sierra skiing (just a half hour from the Valley floor).

You can't be snowbound in Yosemite! Driving time, 2½ hours from Merced. By train, from most California cities, it's overnight. See your travel agent for further details —or telephone Yosemite Park and Curry Co., 39 Geary St., San Francisco, EXbrook 3906. It's the party of the year!

Yosemite
WINTER SPORTS

where more than one line operates, the line covering the shortest distance is used as the basis of computing fares. Similar reductions are effective in day coach and tourist sleepers, and the Pullman surcharge has been eliminated, reducing Pullman and parlor car rates about a third. Under the new reductions the trip from San Francisco to Chicago can be made for $88.75 round trip, standard 10-day limit; or $111 for a 12-month ticket round trip. Under the old Pullman rate a lower berth to Chicago via a direct route was $23.63, or on the circle route by way of the Pacific Northwest, $27. The new rates are $15.75 and $18, respectively. Write the Travel Service Department for new rates, telling us where you wish to go and how long you wish to be gone.

Reminder

DON'T forget the Mediterranean Cruise sailing from New York February 8, to be gone for practically two months of cruising in the warm waters of the South. The cruise ship will visit 16 foreign countries, and will call at 25 ports en route. Fares, including all possible expense of the trip, range from $545 and up. Illustrated folders are available.

Rambles in Europe

With Jane C. Higbie

We See the King—and the City of His Court

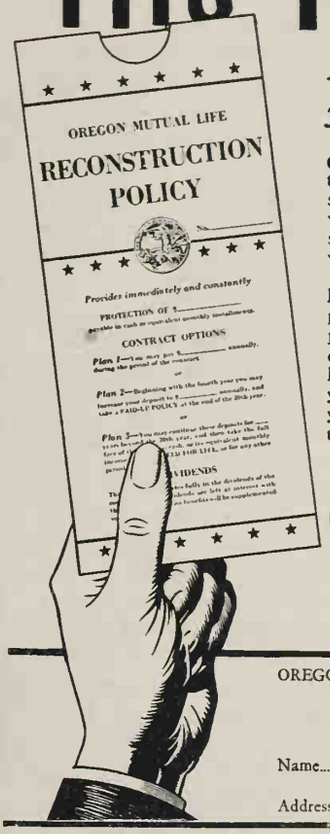
"SUNNY SPAIN" still basks in the warmth of the afternoon siesta, rich in the color of her picturesque costumes, steeped in the traditions of the historic past—but her royal kingdom has fallen!

The capital city is no longer the center of the glamorous splendor of court activities—for the king is king no more. He is an exile from the country of his birth—from the people he has ruled since childhood.

My friend and I were fortunate in visiting Madrid, the last summer of Alphonso's reign. Leaving Biarritz, on the famous Coté de Basque, we stopped at Irun, for customs' inspection details necessary to our travel through Spain. Noticing an extra heavy military and civic guard, with brilliant display of regimental colors, I engaged the platform agent in chat. "The King comes!" said he, "Do you wish to see him?" I nodded. "Run quickly, then, down the passage, to cross the track!" Waiting to hear no more I "ran quickly" through the under-pass over which the royal train was already rumbling. My friend followed and we popped out of the small archway, like rabbits from a hole, to confront a solid cordon of the king's guard, about his armored car.

Clutching a handful of travel notes

NEW INSURANCE PLAN FITS TODAY'S NEEDS



Now you need not wait for "better times" to give your family adequate life insurance protection!

● Perhaps you are one of the many men fighting your way back to financial stability. Then Oregon Mutual Life's new Reconstruction Policy will definitely help you. Briefly, it is a plan whereby you can restore your estate to its former value with a stroke of your pen. You can do it *today*—you don't have to wait for a bigger income.

In a few words, the Reconstruction Policy provides adequate life insurance protection for your family NOW for a small premium deposit. It makes it possible for you to have this protection for the members of your family at this time when your other assets are depreciated—and when it is difficult to make large deposits. In a few years when your income will be larger, you can automatically change this policy into one that will give you a guaranteed income for life, beginning when you are ready to retire. Write today for full facts! No obligation.

OREGON MUTUAL LIFE

Reconstruction Policy

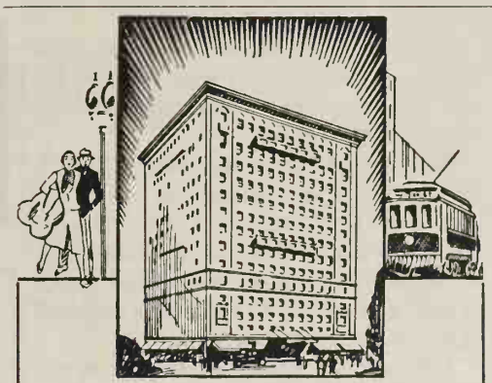
OREGON MUTUAL LIFE INSURANCE CO., Portland, Ore.
Please send complete details about your new Reconstruction Policy.

Name.....

Address..... SS-1-34

SAFETY FIRST

MOUNTAINS are covered with snow, and the lakes are freezing over, and ice skating is slated to be a popular winter sport this year. But play safe before you go skating. Ice one inch thick is *not* safe, according to the National Safety Council; two inches will hold one person; three inches will hold small groups; and four inches are safe for large groups.



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Rates: $2.50 per day and up.

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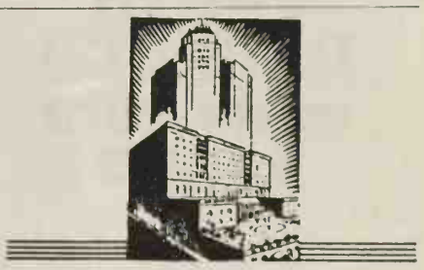
LOS ANGELES



LOW RATES

Comfortable rooms· hospitable service ···· excellent inexpensive cuisine....

FROM FOUR DOLLARS A DAY

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WORLD'S FASTEST MULTI-MOTOR SERVICE

New Boeing planes . . . 2 Pilots . . .
Stewardess service . . . Radio . . .
Roomy, quiet cabins . . . Lavatory.

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11 Hrs.	Omaha . . .	95.82
13 Hrs.	Kansas City . .	106.39
14¼ Hrs.	CHICAGO . .	115.00
17¼ Hrs.	Cleveland . .	130.00
21¼ Hrs.	Washington . .	152.00
20 Hrs.	NEW YORK . .	160.00

* * *

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United Air Lines Ticket Offices
or Hotels; Postal and Western Union Offices and Leading Travel Bureaus

55,000,000 Miles Flying Experience

NOW TAKE A REAL SEA VOYAGE

See a new world you've never imagined! If you want the thrill of getting off the beaten track, get in touch with McCormick . . . here's a real sea voyage aboard steady, comfortable cargo steamers, to the most romantic ports in the world! Buenos Aires, Rio de Janeiro, Montevideo, Santos and the rest of them, in the wake of the buccaneers.

Send for descriptive folders today!

See your local travel agent, or write

McCORMICK STEAMSHIP CO.

DEPT. S, 461 MARKET STREET, SAN FRANCISCO

and leaflets we no doubt appeared of sufficient importance, for the guard parted and we stood in the presence of His Majesty Alphonso, King of Spain! From his seat at the open window, he graciously acknowledged the American visitors and proceeded to his conference with the city's dignitaries.

There was a troubled expression in the dark eyes, which told us very clearly that the throne was already trembling, swept by a power beyond its sovereign's control. With the guards we stood at attention as the train pulled out, deeply appreciative of our own freedom.

Through the heart of the beautiful Basque country we went; past tiny quaint villages (sometimes of only a dozen houses) where, always, the church spire outlined against the sky.

Glimpses of red tiles, overhanging white plaster houses, with iron grilles and balconies, red geraniums in pots; senoritas in lace mantillas, public washing-sheds, and little gray donkeys, roaming about the plazas. Rank growth of Spanish Broom yellows the hedges, beyond fields of red poppies and delicate blue iris. Soon we enter Madrid.

The city is modeled after the plan of Paris. During siesta hour, from two to four, the main streets are flooded. From four to five people congregate in the tea rooms, to partake of delicious pastries and rich, dark chocolate, accompanied by a mound of spun sugar. The men lounge in sidewalk cafes. Dinner is not until eight—the fashionable hour is ten. It is daylight until after eleven.

White-robed, dark-skinned Moors go their sandaled ways among the green trees of the wide boulevards. The white palace, where the sun beats down upon the open court and armory in the rear, looks out upon a beautiful park.

It is no longer the home of the royal family. The beautiful iron Crown, before the houses of Parliament, has been trampled by the mob.

No longer does the harassed monarch find surcease in driving his small car fast and fearlessly over the curving mountain roads. Madrid, with its hand-wrought iron, colorful tiles, fine inlays of gold and silver, its serenades and bull fights is not quite the same.

The sun still shines warmly upon the figs and olives, the oranges and vines. White St. Joseph's lilies still bloom against the dark of convent walls.

But the splendor of the court is gone from the capital city.

The King is in exile!

IT'S A GOOD IDEA

to wrap the cork of the thermos bottle in waxed paper. This prevents odor from coffee or other foods staying on the cork.

THE PARK·WILSHIRE

for APPRECIATIVE TRAVELERS

ON THE FIFTH AVENUE OF THE WEST

Here you are assured of the same extra measure of hospitality and comfort that would be accorded you at the home of a friend.

The location on Wilshire Boulevard at Westlake Park and the environment are of the very best.

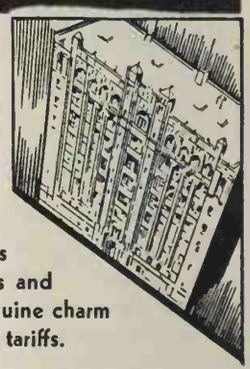
Rates Daily from $2.50

Monthly from $60

LOS ANGELES

THE CAMLIN

WINTER LUXURY



is YOURS at this distinctive Seattle Apartment HOTEL. Fine shops and theatres nearby . . . rooms and suites of genuine charm . . . low tariffs.

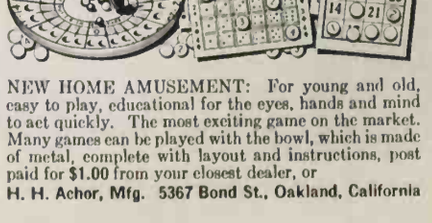
Clive W. McDonald
Manager

"SEATTLE'S SMARTEST"

Attention Ski Jumpers

IN order to invite participation in the National Amateur meet this winter, a new ski jumping course is under way in Moraine Park a short distance west of Estes Park, Colorado. In addition to ski jumping, tobagganing, bob sledding and skating will be in order, making the Rocky Mountain National Park a splendid all year playground.

TOP·O·LOT·O·BOWL



NEW HOME AMUSEMENT: For young and old, easy to play, educational for the eyes, hands and mind to act quickly. The most exciting game on the market. Many games can be played with the bowl, which is made of metal, complete with layout and instructions, post paid for $1.00 from your closest dealer, or
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Sunset Gold

In the garden of Mrs. Helen H. Seager, San Bernardino

IT is generally conceded that adversity in all its forms is a blighting force, without which living would be ever so much more enjoyable. If every department of life could be made perfectly secure; if we never had any trouble getting along with other human beings (that is, if all other persons were as nearly perfect as we ourselves are!); if we never had to endure loss of money, or lack of money, but always had "just enough" (whatever that amount may be!); if we always had the right clothes for all occasions, and all the table linen and glassware and silver we need for our scale of living; if we never need be concerned about losing our jobs, or our homes; if we never were tempted to do mean, unworthy things, but were always easily good and kind and charitable; if all these dreams were true, wouldn't living be a joy? Well, I wonder.

Did it ever occur to you that the only way you can get a bulb to blossom is treat it harshly—to bury it, whereupon it immediately begins to struggle and expand, to push a tender little green finger up through the hard, scratchy soil (did you, by the way, ever try to push your finger *down* through such soil?) and finally, reaching the light, it bursts forthwith into glorious bloom, in celebration of its victory.

Bulbs and seeds are perhaps more fortunate than persons in that they have no capacity for worrying about the future. Picture a little 'fraid-cat daffodil going through a mental struggle there underground: "There are some sharp-pointed pebbles in the soil above me; what if they should scratch and ruin my sensitive green sprouts?" "What if there should be a terrific cold snap after I get up above ground, that would freeze me off entirely?" "What's the use of working so hard to get up in the world, anyway—somebody will just pick me and put me in a vase in a hot, stuffy house!" If a lot of bulbs were like a lot of human beings, they would undoubtedly turn around and dig themselves down deeper into the dark earth, and make no further effort whatever.

Have you ever observed that the unhappiest mortals in the world about you seem inevitably to be those who have no heavy burdens, no real worries? We are actually happier —or perhaps I should say less unhappy—in the stress of difficulties than in periods of utter ease. Men who live face to face with danger are likely to have a keen zest for life; those who give themselves to soft indulgence are usually bored with life. What is it makes a fiction story interesting? Struggle. What makes life interesting? Struggle.

No, adversity is not all bad. It has its uses—sweet uses, as William Shakespeare observed four centuries ago. It is the salt of life—not in itself delightful, yet giving savor to everything else. Indeed, without adversity to furnish contrast, discipline, proportion, we should never grow up, never come into our adult inheritance of understanding.—G. A. C.

Fourth Chapter in
"The Trials of a Sunset Gardener"

New Annuals for

A New Viscaria—Pale Blue

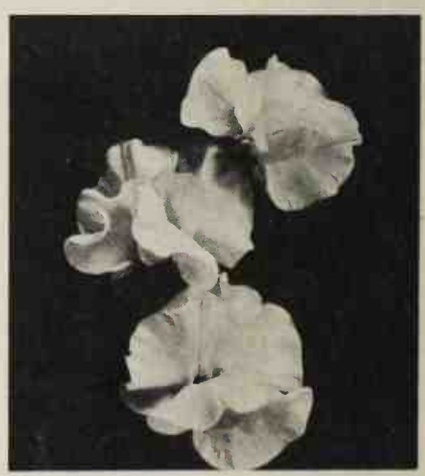
THIS is the season of good resolutions, the time to decide which of the many things we like doing we shall abstain from for a longer or shorter time; which of those we dislike doing we shall endeavor to do until the spirit or the flesh weakens. I am myself favored by the necessities of the editor, who demands copy at least a couple of months before publication, a long enough time for me to forget any number of good resolutions I may now make. If you don't believe me try next March to remember the ones you made January 1st.

At this date I declare my resolution not to acquire so many new seeds that I can never succeed in sowing them, even if I do get many thrills from selecting novelties from catalogues. I further resolve that I shall sow those I get at the proper season and not wait until it is so late that I feel justified in throwing them away or giving them to some garden friend who will try to get back at me another time in the same way. If other SUNSET gardeners want sets of nice, new, unbroken resolutions for 1934 I shall be pleased to supply many without cost. One would be to lay off for a year explaining to your visitors that they should have called to see the garden two weeks ago when you really had something to show, another would be to resolve to use the garden hoe as often as the garden hose; still another would be to quit expecting very prompt replies to letters sent the SUNSET Gardener.

But don't resolve not to try out some new flowers from seed. Of course any gardener has a perfect right to ask of his own garden that it give him what he wants, and perfection of garden pictures or advances in the culture or the variety of some favored flower may be all he wants, but the average gardener likes one or more novelties each year. Doubtless our trials of new flowers are responsible for the pleasure many of us get to compensate for every gardener's woes. The wise or cautious practitioner will see that his main effects of standbys are of tried materials, but he will want something to gamble on too and he will find my tips a lot safer than those he will get on the ponies or the stock market. From my suggestions I am eliminating the improvements of the commoner flowers, because these are too numerous and too well described in catalogues, even though this means leaving out well-earned praises of the quite wonderful newer annual larkspurs of the giant imperial or branching types, with their four foot growth and range of colors far wider than we can get in the perennials. It is among annuals that the best bets predominate, which is well, for their seeds are generally very reasonable in price, annuals are of the easiest culture, and—a most important point—they flower the season when sown, and so quickly justify or condemn themselves.

The New Dwarf Dahlia

Let us consider first what might be called showy annuals, not garish, but those whose beauty doesn't require seeking but is forced on you by the size, brilliance and abundance of the flowers. Unquestionably first in my opinion is the quite remarkable strain of dwarf single and semi-double dahlias from the English firm of Unwin. These bushy plants, varying with me from a foot to about twice that height, come from seed sown in flats in March and planted out, eighteen inches apart, in well-prepared ground (dug and fertilized) in May. For four months in my garden they have been crowned with dozens of flowers, usually about two or three inches across, in yellow, apricot, pink, orange and lovely reds, blending together beautifully in beds and borders and equally satisfactorily when used for cutting. Seed will be offered in California in 1934, and I can thoroughly



Mastercream—a 1934 Sweet Pea

Western Gardens

BY SYDNEY B. MITCHELL

Reading from left to right: Calendula chrysantha; the rust-resistant "Lucky Strike" Aster; the miniature Pentstemon, and the new dwarf Dahlia discussed in this article

recommend their trial for the ease of culture, variety and attractiveness of the flowers and the very bright effect when used in quantity. I give these first place for garden or cutting.

Improved Eschscholtzias

My second choice is not equally new but almost equally unknown. For years seedsmen both here and abroad have been developing fine strains of our California poppy, the eschscholtzia. Many lovely named varieties in white, pure yellow, orange, wallflower red, pink, rose and carmine are available, and for those who want as great variety as possible, mixtures as well. Moreover these have been so improved that instead of the somewhat tall and sprawly growth often seen in nature a dwarfer, more upright and compact type has been developed. Try these; judging from the comments made by native sons and daughters most of them didn't know the variety of color obtainable in their state flower. These are real improvements for our gardens, where the natural orange form is a bit inclined to fight other colors. Of course eschscholtzias should always be sown in the open ground in fall or very early spring. This is a case of do it now or not later than February in California, but further north later sowing is satisfactory.

Early Attraction, another new favorite

Calendulas, Marigolds, Nasturtiums

One thinks of calendulas and marigolds together. Both have fine recent developments, not mere improvements in color. Of the calendulas, I tried the novelty Chrysantha, sometimes called Sunshine. It is an informal flower, deeper and shaggier than the type, and with good long stems to its golden yellow flowers. It is different and desirable. So is the grand African marigold introduced from England as Guinea Gold and sometimes referred to as the carnation flowered variety because of the informality of its flowers. Its wonderful color, its garden effectiveness and, to my nose, lessened odor all commend it for trial. I am growing it now for the third season, but after one season of the Monarch strain of French marigolds, also from England, I decided that though the shades were interesting and varied I didn't need them every year. The same is true for the so-called art shades of calendulas, which are not invited to stay though, being self sowers, they come again even if not invited. Another break in form is the widely advertised and really excellent Nasturtium Golden Gleam, with double flowers more profusely borne than one usually finds the single ones. From these three recommended novelties we should soon have other shades or colors with the same more desirable form.

Not So New, But Interesting

Sunflowers are not exactly exciting, but the red, brown-zoned, old rose and blended colors are unusual and at least interesting, either in the large flowered or the smaller, branched cucumerifolius type. All are of the easiest culture, and are best sown where they will flower. Salpiglossis is not new, but the addition of new colors to an already varied range has enhanced their value, as all will agree who saw the wonderful mass of them around the Oakland Rose Garden this summer. Better adapted to the cool San Francisco Bay region than to areas of hotter summers, they should be far more grown for variety and the oriental brilliance of their trumpet-like flowers. I sow mine in April in boxes and transplant, but they can be started in the open ground and thinned to eighteen inches apart. Mine often self sow. Nor are nemesias new, but I see the fine, large *Nemesia strumosa* very rarely compared with the small compact strain, yet for summer bedding in cool

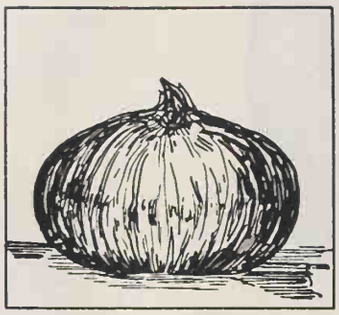
(*Continued on page 30*

Petunia Nana Compacta—Pink Gem

My Method of Growing Gladiolus

A Garden Movie By Rosamond Brook, San Francisco

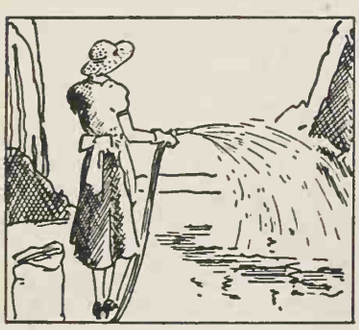
1. The ease of culture and comparative freedom from disease and insect enemies make the gladiolus a most satisfactory flower. Be sure to order your bulbs from reliable dealers. As soon as bulbs arrive, the package should be unwrapped and the bulbs put in a cool, dry place.



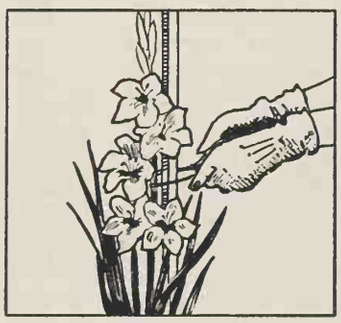
2. When you buy from reliable dealers you are assured of good bulbs, or corms as they are generally called. A thick, high-centered bulb is better than a thin, flat one because it is younger and more vigorous. Generally speaking price depends upon whether or not the variety is a new one.

3. Any good garden soil will grow gladiolus. If of a clay or adobe, sand or peat moss should be added. Spade in well-rotted manure the fall before planting but do not use fertilizers at planting time. Gladiolus enjoy a sunny situation. Dig soil to a depth of at least a foot; pulverize.

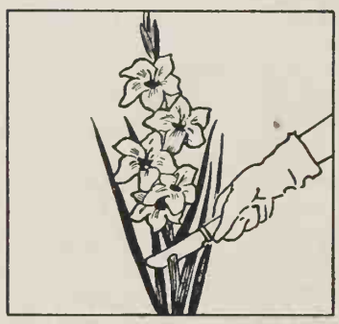
4. Bulbs may be planted five or more inches deep and four to six inches apart, depending upon size of bulb. In Southern California plantings can be made almost any time but spring is conceded to be the general planting time all along the Coast. Plan for a succession of bloom.



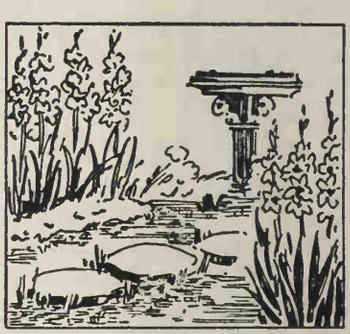
5. Gladiolus require thorough waterings—not mere sprinkling. To conserve moisture and to keep the soil in good condition, cultivation is important all through the growing period. Before flowering a top dressing of commercial plant food should be given, watering soil thoroughly.



6. Slender stakes, or bamboo, painted green, make attractive supports for the spikes. Use strips of cloth or raffia instead of cord to tie the blossoming spikes. Deep planting also helps to keep the plants from falling over. Continue to apply plant food as the plants come into blossom.

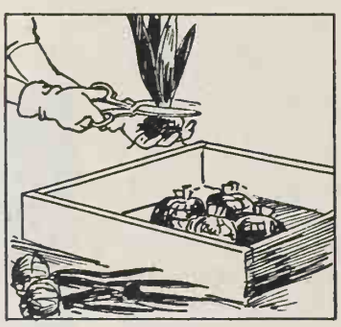


7. The gladiolus surpasses most flowers for keeping qualities when cut. Cut the spikes as buds start to open with a sharp knife rather than with shears to avoid bruising. In cutting, leave about four strong leaves to develop bulbs for next year. Put spikes into cold or ice water immediately.

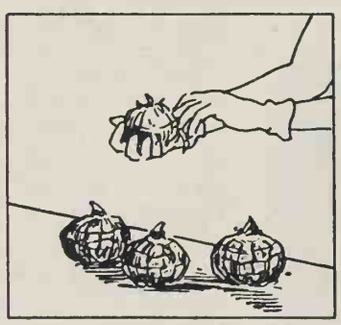


8. Gladiolus may be planted in rows or beds, but lend themselves also to borders among shrubbery or flowers. Of course they are most easily cultivated and cared for when grown in rows. Some of the smaller types are especially lovely in rock gardens. Study your catalogue pages for colors.

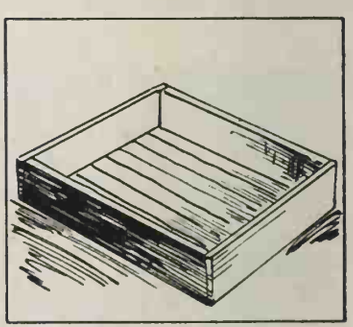
9. Cultivation should be continued after blooming season to develop strong bulbs for the next season. Less water is needed after flowering. As soon as foliage turns yellow, about four to six weeks after blooming, it is time to dig the bulbs. The man pictured should be using a hoe.



10. When digging, cut off the tops close to the bulbs and dry well in the air and sunshine for several days. Cure indoors for a few weeks and store in a cool, dry cellar in flats or boxes. 40 to 50 degrees is a good temperature. In the warmer sections it is not necessary to dig the bulbs in fall.



11. The bulbs should be cleaned about six weeks after digging and the roots and bulblets removed. Bulblets are cared for the same as bulbs and will flower the second year if one wishes to bother with them. Bulblets should be planted very early in spring, otherwise they may not mature.



12. A satisfactory crate for storage can be made of four-inch boards for the sides and lath laid fairly close together for the bottom. Two feet square is a good size for such crates. Peat moss is a satisfactory packing for bulbs. Gladiolus may be grown from seed but not satisfactorily.

Growing Carnations from Seed

Contributed by E. M. Howell, Mabton, Washington

1. Carnations are exceptionally easy to grow in most Pacific Coast gardens. They may be propagated by seeds, layers and cuttings. Of several good types available I prefer the fragrant Chaubaud Giants (the new strain) 85% of which come double from seed. The flowers are very fine.

2. In our Washington climate this Chaubaud strain (do not confuse with the old Chaubauds) blossoms six months after sowing of seed. January is, therefore, our best time of planting for summer bloom. If plants are wanted for winter blooming indoors, seeds may be planted in June.

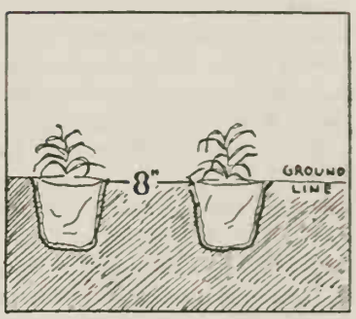
3. In colder sections of Sunset Land it is best to prepare the soil in the fall and store it in the basement until needed. I usually fill my seed flats in the fall so that they are all ready to use when January comes. A sifted garden soil with peat moss or leaf mold is quite satisfactory.

4. January has now arrived. Thoroughly soak the flat containing soil and let it stand until the next day to drain. Then plant the seeds in shallow drills one-eighth inch deep with sifted soil to cover. Pat down firmly. Finish with a thin layer of peat moss. Keep in sunny window.

5. When seeds come up (in about five days) watch for damping off. Semesan or sulphur, used according to directions on container, will help to solve this problem. Water seedlings with very fine spray. When plants are four weeks old they should be ready for their first transplanting.

6. The first transplanting is to pots or paper containers. I make pots of heavy butcher paper, paraffined and pinned together. These paper containers are set close together in a large box or flat. The soil used in the transplanting pot is of loam, peat moss and well-rotted cow manure.

7. After transplanting, the plants are likely to grow rapidly and soon appear to shrivel at the ground, this shriveling condition extending up the stalk. Do not be alarmed at this for it seems to be a natural condition with the dianthus family. Keep plants growing vigorously as possible.



8. The first of April the plants, pots and all, may be placed in a cold frame for hardening before planting directly in the garden. I sink the pots in the ground so that the top of the pot is level with the soil in the cold frame. Final transplanting is usually done about the middle of April.

9. If one does not wish to bother with sowing seed, sturdy plants of carnations can be bought about April first from the nurserymen. As with the buying of seed, it pays to buy the finest strains. (Sunset Garden Editor will tell you where the best seeds and finest plants may be purchased.)

10. Carnations like a good, rich soil with full exposure to the sun. As the plants grow and come into bloom apply a commercial plant food at least once a month, following directions given on container. Keep plants well watered, and faded blooms picked off. Staking plants is advisable.

11. In the fall those plants liked best may be lifted, cut back and brought inside for winter bloom. Otherwise leave them in the garden. In colder sections plants should be given some protection after ground is frozen. Carnations left in the ground over winter often produce inferior bloom.

12. Many carnation growers prefer to discard the less desirable plants each fall and to increase their finer ones by cuttings. Take cuttings shortly after blooming season is over, using the hard, green wood from one of the lateral shoots. Root cuttings in sharp, clean sand, transplant in spring.

A Little House
in Bakersfield California

By E. P. Van Leuven, Owner

ON these pages is pictured the home of Mr. E. P. Van Leuven of Bakersfield, California. The owner, who is an instructor in the Department of Mechanical Arts in the Kern County Union High School and Junior College was his own architect, made all of the working drawings, wrote the specifications and supervised the construction. His chief problem was to build a home that would be the utmost in comfort during the extreme heat of the Valley summers. The house is planned to give a free circulation of air. Adequate insulation lowers the temperature of the rooms in summer and raises it in winter. The roof is well ventilated with screened plaster vents between alternate rafters, and large vents at gables to provide ample flues for rising heat.

While no accurate records have been kept, the owner has found that inside summer temperatures are, generally speaking, 20 to 30 degrees lower than on the outside. Over a three-day period at 110 degrees outside, the temperature did not rise above 88 inside. Of course the nights drop below 70 degrees when the windows are opened to allow cooling and ventilation.

The lot is 87½x122 feet and has been planted to trees, shrubs, and plants especially adapted to Valley conditions. The planting plan is given here, in the hopes that it may offer suggestions to SUNSET readers living in the interior valleys of California.

The features of this house include:

Outside walls, firtex sheathing, building felt, wire mesh, ¾" plaster, rough texture with white paint.

All inside plaster on grip-lath, medium texture finish with two coats paint or two coats paint and one coat glaze.

All outside and inside trim two coats paint and one coat glaze.

Full tile roof.

Tile porch floors.

Large water-proof basement.

Plumbing fixtures, acid resisting.

Unit heat gas furnace, automatic control.

Furnace and hot water heater in basement.

Floors in living room, dining room, bed rooms, hall, entry and closets, white oak plank, 13/16"x5½" with 1x6 sub-floor.

Floors in kitchen, service porch and breakfast room, linoleum with felt base glued on T & G flooring.

Casement windows to open out by cranking, screens inside.

All openings bull-nosed inside and out, thus eliminating trim, except for water proof lintels on outside.

Satin finished tile on walls and floor in bath room.

Cedar-lined closet in hall.

Metal ironing board in breakfast room.

Metal shoe polishing case in service porch.

Metal milk bottle receptacle in service porch.

Designed Especially fo

Metal shoe racks 1"x4" in bedroom closets.

Double sink in kitchen.

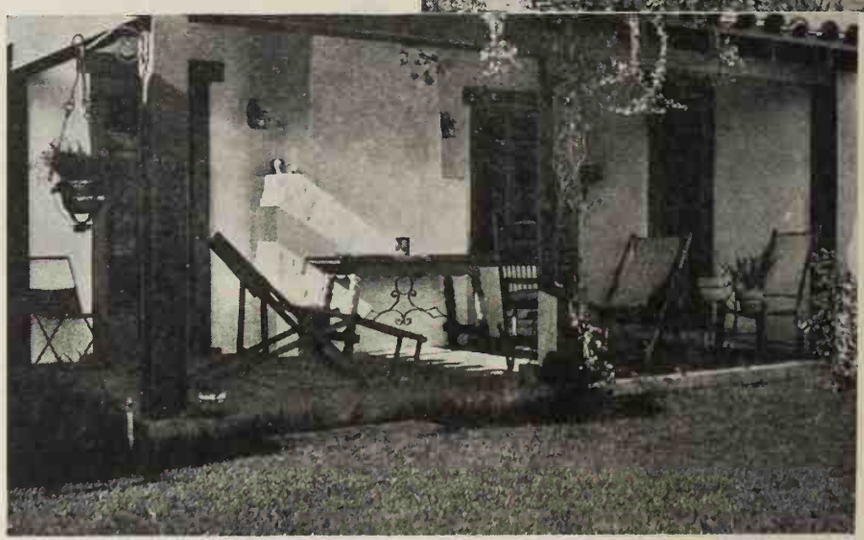
All sash, doors (except front door) and screens sugar pine.

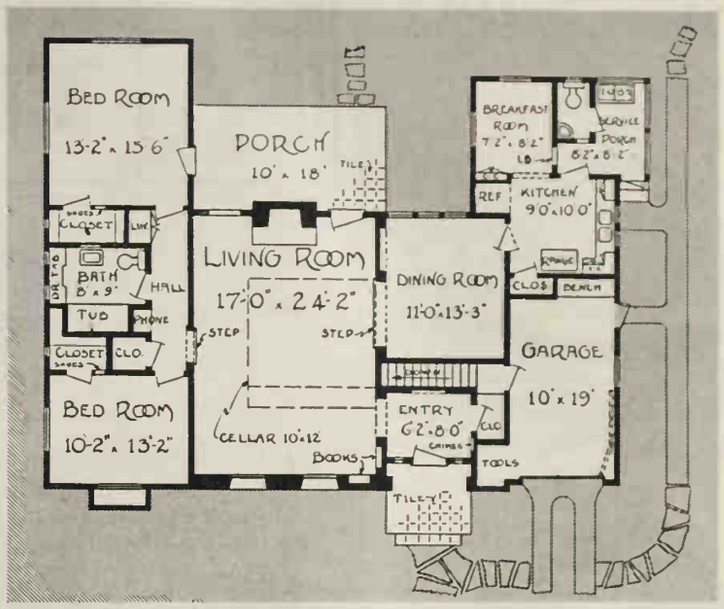
Front door 2" oak.

All hardware antique iron.

The total square feet, including covered porches is 2035.

Due to the rapid change in the price of building materials no statement of

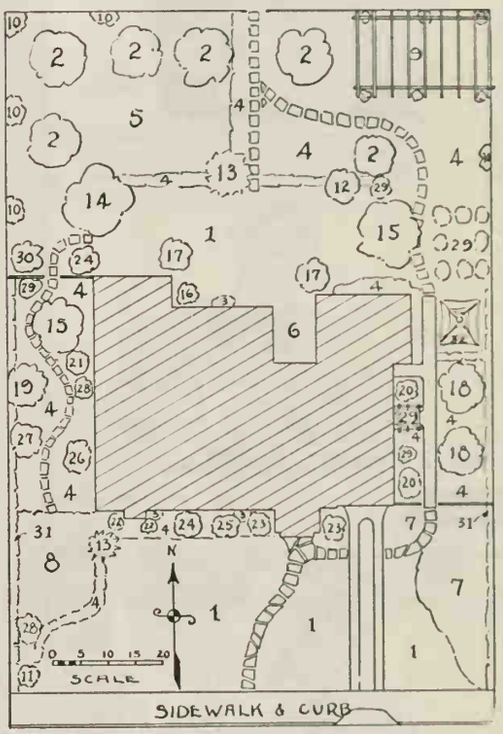




The Hot Interior Valleys

cost will be printed here. If, however, you are interested in knowing what the house cost Mr. Van Leuven at 1933 prices, just drop a note to Sunset Building Department and the information will be furnished. It should be noted, however, that Mr. Van Leuven did much of the supervision and that factor should be taken into consideration in comparing costs. Ordinarily in SUNSET Magazine we show only such houses as have been designed by architects. We consider, however, that this home offers practical ideas that should be passed along to you who live in the San Joaquin or Sacramento Valleys.

If you live in one of the interior valleys of California, won't you write us frankly and in detail just how this house appeals to you? What changes, if any, would you make if you were planning to build? Can you suggest additional features that would add to the comfort and attractiveness of such a home? We are eager to assemble a portfolio of ideas for Valley homes—ideas that can be later incorporated into a series of house plans designed for Valley conditions. Your suggestions will be gratefully received.—The Editors.



The photographs are self-explanatory. Note particularly how effectively the porch becomes a part of the outdoor living room

Key to Planting Plan

1 Lawn.
2 Fruit.
3 Vines.
4 Flowers.
5 Vegetables.
6 Ferns.
7 Cacti.
8 Succulents.
9 Grapes.
10 Berries.
11 Acacia.
12 Rose Acacia.
13 Palm.
14 Catalpa.
15 Sycamore.
16 Camellia.
17 Mrytle.
18 Orange.
19 Silk Oak.
20 Oleander.
21 Calif. Holly.
22 Nandina.
23 Mahonia.
24 Pyracantha.
25 Pittosporum.
26 Bottle Brush.
27 Jujube.
28 Genista.
29 Rose.
30 Tamarac.
31 Hedge.
32 Drying Rack.

"Butter Bread"
Cut crusts off loaf of bread ~ Slice thin
Tie slices loosely together to form loaf ~
Place in a deep pan, spread top thickly with butter ~ ~
Cover pan tightly and bake in hot oven ~
U-m-m-m!
Serve hot with soup or salad ~ Um-m-m ~

The Kitchen

TRADEMARK REGISTERED

These recipes are designed to be clipped and mounted on cards for your recipe file or they may be pasted in your cooking scrap book

"Butter Bread"

(Illustrated on this page)

CUT off all crusts from a small loaf of day-old bread, and slice thin. Put slices together to form a loaf again, and tie them not tightly but compactly, with white string. Place in a deep pan which has a tight-fitting cover, and over the top of the sliced bread spread softened butter, being just as generous with it as you feel you should. (*Editor's Note:* We used a little less than a quarter-pound cube for a loaf.) Cover the pan tightly and put into a hot oven (450°) for from 25 to 30 minutes. The butter melts and runs down through the slices, and the edges of the bread become crisply browned. The whole thing has the loveliest buttery, crunchy, steamy flavor and texture. Serve hot with salad or soup or almost anything. This is an excellent way to use stale bread.—Mrs. A. G. J., Worland, Wyoming.

Baked Stuffed Chops, Australian

FEATURING AUSTRALIAN CHOPS

*Baked Stuffed Chops, Australian
Creamy Mashed Potatoes
Hard Rolls
Apples, Cheese, and Crackers
Coffee

This is a recipe for which my mother has always been justly famed. For each person to be served, take 2 "large loin" lamb chops. Lay half the chops in an uncovered baking dish, and cover each chop with grated onion, sage (or any other preferred herb), a few bread crumbs, and salt and pepper to suit taste. Cover each chop with another chop, season well with salt and pepper, and lay a slice of tomato on top of each. Bake in a slow oven (325 degrees) for an hour to an hour and a quarter. Remove chops to a hot platter (without separating each two-chop combination), pour off all but 2 tablespoonfuls of the fat, add 2 tablespoonfuls of flour and let brown, stirring constantly, then add 2 cupfuls of hot water and cook for at least 15 minutes, stirring constantly until well blended. Season well, and pour over the meat on the platter. These chops have a flavor all their own, and the gravy is always of the dark brown, richly seasoned variety. This dish is such a satisfying one that I serve it merely with creamy mashed potatoes and a green salad.—Z. B., Hollywood, California.

Eggplant Sausage Cakes

A GOOD SUPPER

Pan-Broiled Ham
*Eggplant Sausage Cakes
Creamed String Beans
Bread and Butter Pickle Relish
Cocoanut Cake
Coffee

Slice and pare 1 large or 2 small eggplants, cut slices in small pieces, and cook in boiling salted water until tender. Turn into a strainer or colander and let drain until cool. Put into a mixing bowl and mash thoroughly, then add 1 egg, slightly beaten; 1 medium-sized onion, grated or minced fine; ½ teaspoonful of poultry seasoning; and salt and pepper to taste. Sift in enough flour to bind the mixture into a batter stiff enough to form fritters when dropped from a tablespoon. Fry in a small amount of hot fat (bacon drippings are good), turning to brown both sides. The flavor is very "sausage-like." We like eggplant particularly well when prepared in this way.—Mrs. W. A. A., Watsonville, California.

Carrots and Cauliflower au Gratin

1 cauliflower, separated into large florets
1½ cupfuls of diced carrots
½ cupful of grated cheese
1 cupful of medium-thick white sauce

YOU'LL REPEAT THIS

Ground Steak, Broiled
Chili Sauce
*Carrots and Cauliflower au Gratin
Hot Biscuits Honey
Fruit Salad Coffee

Cook the carrots and cauliflower together for about 20 minutes, or until both are barely tender. Drain and place in a baking dish. Pour the cream sauce over the top (be sure it is well seasoned), sprinkle with the grated cheese, and put into a fairly hot oven—400 degrees—until nicely browned. A delicious hot dish.—M. M., Palo Alto, California.

Cabinet ~

U. S. PATENT OFFICE

Will you share your favorite recipes with other Sunset readers? $1 is paid for every recipe published. Address The Kitchen Cabinet, Sunset Magazine, San Francisco

Fluffy French Toast

(Illustrated on this page)

I have used this simple recipe for years, but over Labor Day I had ten for breakfast, and not one of my guests had ever heard of it, so perhaps it really is different. Here it is:

First, put on a kettle of deep fat to heat. Allow one egg per person, separating the yolks from the whites. Beat the yolks with salt and pepper and 1 teaspoonful of water for each egg. Beat the whites stiff, add a little salt and a tiny bit of baking powder, then fold in the beaten yolks. Now dip a slice of bread in the mixture and fry in the deep, hot fat (360 to 375 degrees) just as you would a doughnut. Serve immediately; these go over "big" with crisp bacon and coffee. My family like them with marmalade or strawberry jam, but others may prefer maple syrup. Each piece comes out fat and fluffy.—Mrs. R. C. W., Fallbrook, California.

Grapefruit Oyster Cocktail

½ grapefruit per serving
4 oysters per serving
Salt and paprika to taste

TO START A DINNER IN THE WAY IT SHOULD GO

Halve the grapefruit, and remove sections and juice. Mix these with the oysters, add salt and paprika to taste, and return to the grapefruit shells which have been cleaned of all unused pulp and membrane. Garnish with a sprig of parsley, and serve with toasted crackers for the first course of any luncheon or dinner.—H. B., Phoenix, Arizona.

Best Brown Bread

This brown bread is so quick and easy to make, and so good. My nephews and nieces prefer it to cake. First, combine these dry ingredients:

2 cupfuls of graham flour
1½ cupfuls of white flour
½ cupful of cornmeal
½ cupful of brown sugar
½ teaspoonful of baking powder
½ teaspoonful of salt
2 teaspoonfuls of soda
1 cupful of raisins

AN EASY CLUB LUNCHEON

Fruit Salad Plate with
Cream Cheese Balls
*Best Brown Bread Sandwiches
Meringue Shells Filled with Vanilla
Ice Cream, Topped with Apricot Sauce
Coffee

Mix a scant ½ cupful of molasses with 1 pint (2 cupfuls) of sour milk and add to the dry ingredients, and stir thoroughly. Pour batter into two oiled bread pans and bake slowly (at 350 degrees) for an hour. This bread makes delicious sandwiches simply spread with butter. It makes an excellent dessert, too, served with canned peaches or pears.—F. B. L., Tacoma, Washington.

Deliciosa Dessert

This is the best dessert I have ever tasted. It is a bit rich, but oh, so yummy! It calls for

1 pound of vanilla wafers
1 cupful of sugar
½ cupful (¼ pound) of butter
4 eggs
¼ cupful of cold coffee
1 cupful of walnut or pecan kernels, chopped fine

A BRIDGE CLUB LUNCHEON

Vegetable Salad Plate
Tiny Bran Muffins Apricot Jam
*Deliciosa Dessert
Mints Coffee

Roll the vanilla wafers with a rolling pin until reduced to fine crumbs. Cream the butter and sugar until no graininess remains. Add the eggs one at a time, beating for 5 minutes after adding each one separately. Add the coffee and the nutmeats to this mixture. Oil a deep oblong pan lightly and line it with waxed paper. (Oiling the pan is merely for the purpose of holding the waxed paper in place.) Put in a layer of crumbs, then a layer of batter, then another of crumbs, repeating until materials are used, having the top layer of crumbs. Let stand in the refrigerator for 48 hours, then cut in squares or slices and serve topped with whipped cream.—Mrs. A. J. M., Altadena, California.

Fluffy French Toast
Put kettle of deep fat to heat ~ Beat
yolks and whites of eggs separately with season
ings ~ Fold yolks into whites thoroughly
Dip slices of bread into mixture and
Fry in deep, hot fat until puffy and brown. Serve at once. Grand!
Ruth Taylor White

My Favorite Thrifty Recipes

Serve These Inexpensive Dishes and Cut Down on Your January Grocery Bill

By Doris Hudson Moss

JANUARY seems to turn a searchlight of investigation upon us all. Whether we like it or not, we take stock of our characters, our failings, our successes and our bank accounts. Usually, the good resolutions we are prone to make are both exuberant as to enthusiasm of purpose and despondent since they face the shattered promises made on other New Year's days.

Psychologists have proved that if we wish to break a bad habit we wisely substitute, in its place, a desirable habit. And what has this to do with recipes? Just this! It's so easy to be extravagant in buying food for one's family that we yield too often to the pleasant temptation. I know; I adore the expressions of rapture around the board when the omelet boasts mushrooms or when the perfect filet mignon is served instead of "pounded round." But—the ideal Western home is founded on sincerity and simplicity. To break the evil habit of extravagance we Sunset homemakers substitute the blessed habit of thrift. Careful buying of food and planning of combinations which total a sane expenditure will absolutely save money for the woman who wishes to save it. *Bountiful food*, always—plentiful and generous but of simple ingredients makes ideal everyday living. And if such food is served with a garnish on shining china, on a colorful, immaculate cloth or doily set, if the lights of home glow pleasantly and the family agrees that it's wise to be thrifty, and happy, and *secure*, then the simplest food will assume an Epicurean goodness.

I list a number of the least expensive good recipes that I know, and menus in which they aid in balancing food values as well as in balancing the budget.

Baked Tomatoes

Cost about 14 cents

1 quart can of tomatoes, canned with puree
4 medium slices of bread, cut in inch cubes
2 tablespoonfuls of bacon fat or butter
2 tablespoonfuls of finely minced onion
2 teaspoonfuls of salt
1 teaspoonful of pepper
1 teaspoonful of celery salt

Arrange bread cubes in buttered baking dish. Add bacon fat, onion and seasoning. Pour the tomatoes over all, smooth nicely, and place in a moderate (375°) oven for 45 minutes. Grand!

Luncheon Macaroni

Cost about 23 cents

1 pound of macaroni, broken in short lengths
½ pound of sharp cheese
1 small can of evaporated milk
3 tablespoonfuls of butter
Salt and pepper to taste
2 teaspoonfuls of paprika

Boil the macaroni in boiling salted water until *very* tender (about 35 minutes). Drain in a colander and rinse with cold water. Return to the kettle in which it was boiled. Add the cheese cut in small pieces, the butter, milk, and seasonings, and mix well. Place the pan (or a casserole may be used, if you wish) in a moderately slow oven (350°) for one hour. If you have any meat stock or gravy on hand, add it to this recipe in place of part or all of the milk; it makes a fine flavor.

Apples in Brown Sugar

Cost about 11 cents

6 apples which will hold their shape in baking
1 cupful of brown sugar
1 cupful of water

Peel and core the apples, cut in quarters, and place in a casserole. Cover with the sugar and water. Adjust lid of casserole and bake in a 350° oven for about 40 minutes, or until apples are tender. Serve warm or cold, with or without cream or top milk. Delicious!

EVER since Mrs. Moss wrote about her "End of the Month Meals," you have been telling us how much you liked her thrifty and appetizing suggestions. That is why we asked her for additional money-saving recipes for this January issue. Confidentially, our objection to most thrifty recipes is that they are too full of carrots. But these recipes are different! Try them out and prove their goodness for yourself.—G.A.C.

Cream Toast

Cost about 15 cents

This is an old-fashioned dish, indeed. I learned it from a dear old lady who liked good food. Try it sometime when your bread can has an accumulation of stale bread, toast, biscuit and so on.

Place the equivalent of 10 pieces of stale bread or toast in the top of a double boiler. Add 1 pint of milk and 3 tablespoonfuls of butter. Salt slightly. Place over fire, cover tightly and scald the milk, then place over hot water in double boiler and heat for at least an hour. Our children adore it for lunch, and it's ever so good if you use biscuit.

Fried Mush with Minced Bacon

Cost about 15 cents

6 slices of bacon
4 cupfuls of cooked mush (your favorite breakfast cereal, made thicker than usual, and cooked in double boiler at least 2 hours)

Broil the bacon until very crisp. Drain, saving the bacon fat of course. When cool, roll on waxed paper with the rolling pin until the bacon is in small bits. Add to the hot mush, mix well, and pour into a square dish to mold. Slice when cold and fry in the bacon fat until a fine brown. I like to dip both sides of the slices of mush in the fat and place in a skillet beneath the broiler. Turn once to insure a browned surface on both sides of the mush. Serve hot with warm syrup or honey to which melted butter has been added.

I object to that hideous word, "hamburger," as applied to good beef, ground fine. I wish the meat shops would term ground beef by its own honest name and that they would feature it as one of the finest and most delicious of the variations of beef. The three following recipes are for shoulder of beef, ground twice.

Spiced Beef Rolls

Cost about 17 cents

1½ pounds of ground shoulder of beef
1 teaspoonful of salt
3 teaspoonfuls of poultry seasoning
1 tablespoonful of grated onion

Add seasonings to the beef and shape into rolls similar to small sausages. Roll in fat and pan broil or saute to a fine brown. Be sure the meat is quite done all the way through. Serve with country gravy made in the pan. (*Cont'd on page 20*

GLOBE "A1" KITCHEN CLUB

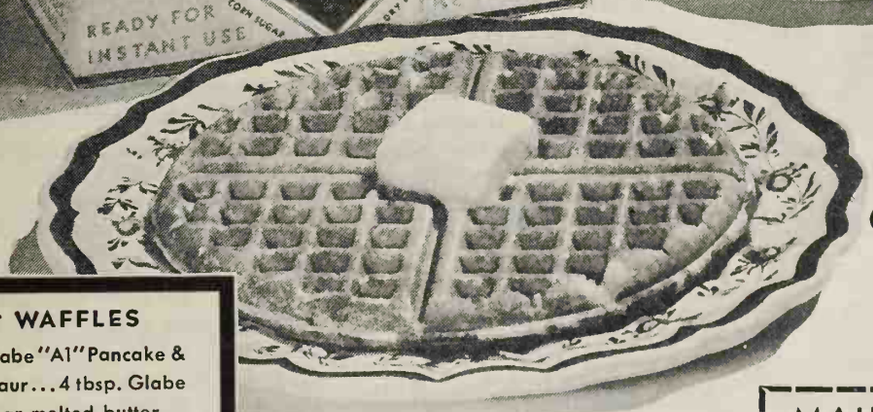
RUTH ADAMS, *Director* . Radio Meetings every TUESDAY and THURSDAY 9:30 A.M. . DON LEE CHAIN

It's the Old-fashioned *Buttermilk* Flavor that makes these Pancakes "A1"

THERE just isn't any other pancake and waffle flour that can compare with Globe "A1"... because only Globe "A1" has the extra flavor-richness of buttermilk! And if you don't think buttermilk makes a difference, just try it out on your family some cold morning... see what they say about those light, tender, *flavory* pancakes... those crunchy, delicate, delicious waffles! *They'll* vote for "A1" once they've tasted it... and you will, too, once you've used it, for it's so quick, so easy, so simple and makes *perfect* pancakes and waffles *every time!*

"A1" PANCAKES

1½ cups Globe "A1" Pancake & Waffle Flaur... one cup af water or milk ...beat until smaath... bake on a hat, greased griddle.



"A1" WAFFLES

2 cups Glabe "A1" Pancake & Waffle Flaur... 4 tbsp. Glabe "A1" Oil ar melted butter... 2 eggs, separated... 1½ cups water ar milk.

Beat egg-yalks until light. Add shartening and beat until well blended. Add liquid, then flaur, and beat until smaath. Fold in stiffly beaten egg-whites and bake in a hat waffle iron.

Send for 10 NEW PANCAKES

Yours for the asking! Ten new tested Pancake and Waffle recipes that are extra-delicious!

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☐ 10 New Pancake and Waffle Recipes

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MINIATURE
MYSTERIES

THE EMPTY PLATE

Why, for the first time in his twelve years of married life, has Mr. Merkel eaten every bite of his breakfast?

SOLUTION: This is the first time Mrs. Merkel ever served Log Cabin Syrup with pancakes. Log Cabin is a favorite with men. It has such a delicious, North-woodsy flavor. A special blend of choice sugars: Vermont maple, Canadian maple, and pure cane. Sealed in the unique Log Cabin, so popular with children. A product of General Foods.

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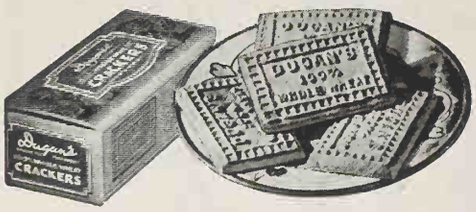
Will you spend 5 cents for a taste of HEALTH?



A FREE SAMPLE Package of Dugan's 100% Whole Wheat Crackers, with just 5c to cover handling costs, is yours for the asking. Made with *freshly ground* whole wheat, blended with brown sugar and pure vegetable shortening. Recommended by the Alfred W. McCann Laboratories, Inc. for flavor and purity. For 5c you can relish their supreme goodness and taste new health.

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Address Pacific Coast Agent and Distributor: Sherman T. Blake Co., 240 Sacramento St., San Francisco, Cal., Dept. 1-34 Phone Douglas 6915. For sale at all Grocers and Health Food Stores.

My Favorite Thrifty Recipes

(*Continued from page 18*)

Laura's Patty Cakes

Cost about 15 cents

1½ pounds of ground beef
½ cupful of cold water

Add the water to the beef, mix well, and let stand 30 minutes. The meat will absorb the water and, when fried in thin little cakes, will be tender and juicy. Saute or broil at a high temperature, turning often. Serve with country cream gravy, made with diluted evaporated milk.

Mock Veal Cakes with Egg Sauce

Cost about 25 cents

1½ pounds of ground beef
2 eggs
1 cupful of bread crumbs
¼ cupful of evaporated milk or top milk
1 teaspoonful of salt

Thoroughly mix the meat and other ingredients. Mold into small cakes, ½ inch thick. Saute slowly in fat until a fine brown all over and well done clear through. Have ready a highly seasoned white sauce to which has been added a chopped, hard cooked egg, 1 teaspoonful of A. 1. sauce, and 2 tablespoonfuls of minced parsley. Serve poured around the Mock Veal Cake.

Frizzled Beef and Eggs

Cost about 25 cents

3 tablespoonfuls of butter
¼ pound of sliced dried beef
2 tablespoonfuls of minced green pepper
¼ cupful of evaporated milk or cream
3 to 6 eggs
Seasonings to taste

Melt the butter, add the beef torn into small pieces, and the minced pepper. Saute to a fine brown, then remove the skillet from the fire. Add the eggs (you may use almost any number you wish), cream, and seasonings. Place over a slow fire and stir until the eggs are perfectly set. Serve on hot buttered toast which has been dipped into hot milk.

Artichokes with Cheese Sauce

Cost about 25 cents

4 medium size artichokes
2 tablespoonfuls of lemon juice
3 tablespoonfuls of butter or bacon fat
2 cupfuls of milk
1 teaspoonful of salt
1 teaspoonful of paprika
1 teaspoonful of A. 1. Sauce
½ cupful of flour
½ pound of sharp American cheese, grated

Soak the artichokes in salt water. Rinse well, and boil in salted water until tender. Drain and pour the lemon juice over them, and place in the warming oven. Melt the butter, blend with the flour, add seasonings and milk, and cook, stirring, until thick. Add the cheese and serve hot with the warm artichokes, as mayonnaise is served.

Shepherd's Pie

Cost about 25 cents

Place a delicious stew in a casserole, cover it entirely with a crust of fluffy mashed potatoes, dot with butter, and bake for 30 minutes at 350° F. Serves 4.

Caramel Rice Pudding

Cost about 12 cents

½ cupful of boiled rice
½ cupful of sugar
1 pint of milk
2 large or 3 small eggs

Place the sugar in a pan and stir constantly over a slow fire until it melts to a light caramel syrup. Scald the milk in top of double boiler and *very slowly* add to the syrup. (Do *not* add it quickly.) Place over hot water in double boiler until the caramel and milk blend. Pour this over the beaten eggs and add to the rice. Place in a casserole, set into a pan of hot water, and bake at 325° for one hour. Top with bits of jelly and serve with top milk.

Using the same proportions for milk, sugar, and eggs, there are many variations of custard puddings. Any stale cake, cookies, or bread may be added. Ginger snaps, graham crackers, and left over breakfast cereal combine nicely with brown sugar in the custard. If chocolate or cocoa is added, together with a few nuts, quite a fancy pudding is achieved. My grandmother's bread pudding was a treat because she baked it *slowly* in a pan of hot water, she "frosted" it with jelly and then covered it with meringue which she browned carefully. Try it, on a chilly day when you wish a warm luncheon dessert for a few pennies.

Peasant Potatoes

Cost about 10 cents

5 medium size potatoes
1 large onion
2 tablespoonfuls of butter
¼ cupful of evaporated milk or cream
Salt and pepper to taste

Peel the potatoes and the onion and cut into thin slices. Add salt, barely cover with cold water, and place over a slow fire to cook. When the water is completely boiled away, mash the potatoes and add the cream and butter. Cover tightly and keep hot until ready to serve.

Thrifty Menus

(*To serve 4*)

(Please note that oven menus are cheapest; they make the most of the fuel used, and well insulated ovens bake very cheaply. My gas oven costs about 1 cent per hour at 350° F.) (*See next page*

Dinner Menu No. 1

Cost about 90 cents

mato and lemon juice cocktail, chilled—10c

ck Veal Cakes with Egg Sauce—25c
asant Potatoes—10c
nned Peas—10c
ad and Butter—10c
ffee or Tea, Cream and Sugar—10c

ocolate Walnut Bread Pudding, with Top Milk—15c

Dinner Menu No. 2

Cost about 83 cents

ra's Patty Cakes with Country Gravy—20c
y Rice, Chinese Style—4c
ked Tomatoes—14c
ad and Butter—10c
ffee or Tea, Cream and Sugar—10c

erry Jell Dessert—5c
p Cookies—10c

Dinner Menu No. 3

Cost about 85 cents

iffonade Salad (Lettuce or mixed salad greens, French dressing)—10c

en Pot Roast with Brown Gravy (cost of entire roast 73c; 4 servings, 25c)
tatoes Browned in the Oven—5c
nned Corn—10c
ad and Butter—10c
ffee or Tea, Cream and Sugar—10c

nned Peach Halves—10c
ringues—5c (save egg yolks for other uses)

Dinner Menu No. 4

Cost about 87 cents

uit Cup (Oranges, apples, bananas, pineapple) —15c

epherd's Pie—25c
t Buttered Canned Asparagus—15c
ead and Butter—10c
ffee or Tea, Cream and Sugar—10c

ramel Rice Pudding—12c

Luncheon Menu No. 1

Cost about 58 cents

ncheon Macaroni—23c
elba Toast and Butter—5c
nned Pears—10c
ocolate Brownies—10c
a, Cream and Sugar—10c

Luncheon Menu No. 2

Cost about 55c

ied Mush with Minced Bacon—15c
oney or Maple Syrup and Butter—10c
a, Cream and Sugar—10c
neapple and Cottage Cheese Salad—20c

Luncheon Menu No. 3

Cost about 55 cents

eam of Mushroom Soup (canned)—15c
t Biscuit and Butter—15c
d Raspberry Jam—10c
ced Oranges with Powdered Sugar—15c

Luncheon Menu No. 4

Cost about 70 cents

rtichokes with Cheese Sauce—25c
ot Bran and Molasses Gems, and Butter—20c
a, Cream and Sugar—10c

anned Royal Anne Cherries—15c

Prices of food determined by market rices in Alameda, California, in Novem- er, 1933. Prices slightly higher now!

THE "DOCTOR" IN EVERY FAMILY....

The letters M. D. are not found at the end of her name. She's known as MOTHER. Day in, day out, she prescribes health. She is the "doctor" in her family.

ACCEPTED AMERICAN MEDICAL ASSN. Committee on Foods

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Carnation Wheat goes the full-health distance—helps keep the whole family fit. And now in the new large package—they call it "jumbo" size—it costs less than one-third of a cent a serving.

Yours for a good morning!

A CARNATION-ALBERS HOT CEREAL

CARNATION WHEAT

NRA WE DO OUR PART

LOTS OF FUN BOYS'N GIRLS! MASKS, SIGNS INSTRUCTIONS N'EVERYTHING!

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How to Get Circus Free: Send top from a Pearls of Wheat package. Masks, signs, hatbands—12 pieces in all. • **How to Get Circus and Side Show Free:** Send two tops from Pearls of Wheat packages. Send to *Carlo the Clown*, 1046 Stuart Building, Seattle, Washington.

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A good breakfast turns to energy | *Heavy evening meals are stored up as fat*

New-Type Hot Breakfast Food developed to meet energy requirements

Wheat and Toasted Malt combined in appealing new flavor

NOW has been revealed that foods more rapidly turn to energy during the active hours when the mind and body are using energy. That foods are stored up in the form of fat, when the body is resting—when it makes no call for an energy supply.

Paltry dainties eaten at breakfast are not enough to replace the energy used in daily work or play.

Above all, the body demands a good substantial breakfast.

There is now a breakfast food developed to give you this energy-stimulating hot food—in the morning when you need it. It is called Malt-O-Meal. It contains Wheat and Toasted Malt. This new type food supplies proteins for building up the muscles. This renews them. Gives the whole body increased muscular energy. So you feel eager to do things—ready for any activity.

Doctors recommend Malt-O-Meal as an energy food in the diets of normal or underweight children or adults, nursing mothers, and during pregnancy and convalescence.

This food, too, is an economy. One package of Malt-O-Meal cooks to eleven pounds of food. Costs less than one-half cent per serving.

Malt-O-Meal cooks in 2 to 3 minutes. Takes no more time to prepare than the coffee.

Get Malt-O-Meal at once. All grocers now have it. No other is like this. No other an energy food that so delights. Start serving Malt-O-Meal promptly.

For four servings Free to try, mail coupon today. Mail it now before you forget.

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Your Name .....

Address .....

City ..... *State* .....

How to Make an Inexpensive Screen

By Zahrah E. Preble

THERE are often times when a lightweight screen is desirable; one easy to move from place to place, or to stand before an open window to break a direct draught on the bed. Such a screen can easily be made at home.

The cheap construction of Japanese paper screens is usually their quick finish, as someone invariably tips them over and puts a hole through the flimsy paper and gauze with which the slender and wobbly wooden frame is covered. Screens made from one of the various wallboards are often too heavy to be lifted about easily, if of more than two panels.

A steel kitchen cabinet was delivered to my home in a corrugated fibreboard sheath to protect it. And this was the inspiration and material for the attractive screen shown in the illustration. This is light enough to be moved with one hand, and a chair placed against it prevents the wind from blowing it over. It weighs so little that it is not injured if it does fall over.

Doubtless any store in your town which handles kitchen or office cabinets would be glad to get rid of some of the fibreboard wrappings for little or nothing. Mattresses also are often shipped in such containers. But any stout corrugated fibre board cut to your specific measurements will do.

A roll of charming Chinese gold and silver paper patterned in colored designs and purchased in San Francisco's Chinatown with the hope that it might come in handy sometime, now found itself justified. At 15 cents a sheet, twelve sheets were used, and the papers without gold and silver were only 10 cents a sheet. Two-inch glued black linen tape was used for bindings and hinges, and the total expense of the screen came to $3.70, including the flour from which the paste was made. Inexpensive wall paper can be used, or plain gold or silver or bronze papers or paint, instead of the Chinese paper. Colored covers from magazines make lovely panels across the tops of the screens, and one with pictures of ships or Indians would be suitable for a boy's room. The Chinese papers do not take shellac well, but other papers do.

The process of making a screen of this kind can be facilitated by two persons working together, and a long table to work on aids materially. In making ours we first cut the four leaves of the fibreboard sheath apart and trimmed the edges smooth with a very sharp knife and long ruler to exact measurements, each panel being 62x16 inches. The Chinese paper was 48x22 inches a sheet, so we had to use a sheet and a half to each side of the four panels, twelve sheets in all, with pieces left over for making pretty Christmas boxes, or to wrap small gifts.

We had only from two to four sheets of the same patterns, so alternated the panels, which made the screen more interesting.

The paper was carefully cut to measure, the terraced effects of panels 1 and 4 being first cut in plain paper to fit, and then drawn on the Chinese paper and cut out to prevent wastage.

We made a good, stiff, smooth cooked paste of flour and water, such as is used for wall papering. A damp sponge was run lightly over the surface of the fibreboard before applying the paste with a wide, flat brush, so that it would not dry out too quickly. Care must be taken not to get the paste too wet, or the paper will tear when smoothing it down. By covering only a section at a time on each panel, and drawing the paper down over that carefully it was easier to

handle. With a sheet of clean wrapping paper between the panel, and a wide rolling pin, we rolled the wrinkles and bubbles of air out gently, and finished by using the palms of our hands to make the surface perfectly smooth, taking care not to tear the moist paper while working.

From the roll of two-inch linen tape we cut some two and three inch lengths half an inch wide (or narrow tape can be used) for panels 1 and 4, to cover the edges of the terraced pattern, making square corners.

As each panel was finished front and back we laid it on the floor on paper, with more paper over it, and weighted it down with books to prevent warping while drying.

The black tape was then cut into eight 63-inch strips, allowing an inch for overlap to trim off, and eight 17-inch lengths. The outer edges of panels 1 and 4 were bound with this tape, folded down the middle to make it go on evenly. The extra inch was trimmed closely at top and bottom. Then all four panels were bound across top and bottom with the shorter tape.

Panels 1 and 2 were placed back to back, and bound together with the wide tape to make the hinge. The same was done with panels 3 and 4. Then these two sections were laid out flat and another strip of tape placed down the back over the joint, this making a hinge folding only one way. To make the opposite folding hinge these two sections were put together with the fronts of panels 2 and 3 facing each other, and bound in the same fashion, with the reinforcing strip put on with all four panels out flat. This was the hardest part of the job to get the bottom edges exactly even so the screen would set straight.

The overlap of these strips were turned over at the tops for greater strength at the hinge. Then a long strip of tape was placed over the full length of the bottom to reinforce it against wear, allowing enough leeway at the joints to fold without tearing. If desired two black wooden strips could be tacked to the outer sides of panels 1 and 4 at the bottom, to give greater stability to the screen, and to keep these edges from turning in. The finished screen has been in use for nearly four years, has survived two movings from place to place, and is still a thing of beauty and usefulness.

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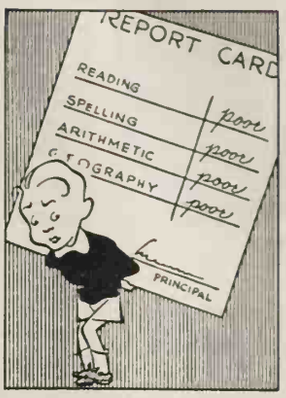
to "step off" the shelf on which spices are to be kept. This makes it easy to see the labels at a glance.

Mr. Brown goes out nights

Johnny fails at school



Mrs. Brown has "nerves"

Let's look at their living room

GLARE

GLARE

DIMNESS

The Smiths have no troubles at all!

Poor lights, glaring lights can make this difference; it's hard to believe what eyestrain can do. Many times you aren't even conscious of it. Often a very simple re-arrangement, with little or no expense, will correct it.

What about your *own* home? Would you like to *know* that it is correctly lighted—that your family is not under strain from faulty lighting?

Send for this FREE BOOKLET

It tells you about proper lighting; the Red Seal plan of adequate wiring; gives you re-wiring suggestions; tells you of useful and labor-saving appliances. Send for it today—*free.*

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Please send me your *free* booklet on home electrification. I am particularly interested in—

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WHEN FOODS HAVE ONLY

3.2% FLAVOR!

OFTEN even the best of cooks can't prevent food flavors from cooking away. Sometimes "bargain" cuts of meat have "cut-rate" taste, too. Soups and salads may seem even less satisfying than near-beer!

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How to Make Really Good Pot Roast

By BERTHA E. SHAPLEIGH

A GOOD pot roast is a delicious dish. Moreover it is a blessing because of its ease of preparation and its economical use of fuel. For a pot roast can be cooked on a small burner, if the kettle in which it is cooked is heavy, especially on the bottom. I have a small kettle with a thick, heavy bottom and a close fitting cover; it is just large enough for a three-pound piece of meat, and it cooks a pot roast to perfection. Our ancestors used iron pots for many purposes, and fortunate is the person who has inherited such a pot or kettle. With more intense and constant heat from gas or electricity, the danger is in cooking at too high a temperature meats which, because of finely packed fibers, should be cooked slowly to separate the fibers and render the meat tender.

When we speak of a pot roast, we usually mean a beef pot roast, although we can "pot roast" veal, lamb or pork. Let us consider beef: what cut is best for this process of cooking, which is between roasting and stewing? Top or bottom of the round is chosen by those who prefer a very lean piece of meat. Personally, I prefer a "cross cut of ribs," a cut from the shoulder which is tender and juicy. For a small family a 4-pound piece is a good size, giving enough for a second day serving. If the piece you have chosen has not much fat, have the butcher put in a bit of suet. In the kettle in which you are to cook the pot roast, fry the suet with a thinly sliced onion until brown. Add the meat, which you have wiped and rolled in two tablespoonfuls of flour mixed with one teaspoonful of salt. Cook and turn the meat, browning it on all sides. Add one cupful of boiling water, cover the kettle, and cook slowly for two hours; during that time it will be necessary to add more water, say half a cupful at a time. Do not allow the liquid to boil; keep it at the simmering point. Of course, if the meat, when tried with a fork, does not seem quite tender at the end of two hours, cook for a longer time. There is danger of overcooking, however, causing the meat to fall apart when carving it, instead of yielding good slices. After removing the roast to a platter, keep it in a warm place while you make the gravy. To the liquid in the kettle, add enough water to make two cupfuls of gravy; if the liquid seems too thin, add one tablespoonful of flour mixed to a thin paste with cold water, and cook until thickened—10 to 15 minutes. Season with salt, pepper, and if you wish one teaspoonful of A. 1. or Worcestershire Sauce. Strain and serve the gravy in a separate dish, or pour around t meat on the platter.

When serving vegetables with t roast, I like to prepare small carrots (large ones cut into long pieces), onio and potatoes for cooking. One hour b fore serving time, lay these vegetabl on top of the meat, and allow them steam. These vegetables may be a ranged around the meat, and the gra passed. Or you may choose to mash t potatoes, and cook the onions and ca rots in butter, adding a little sugar (o teaspoonful to one tablespoonful butter). This will slightly glaze t vegetables.

In place of the vegetables suggeste above, you may prefer to serve noodl boiled until tender in salted wate Place these noodles on the platter wit the meat, and have a green vegetabl passed. A German pot roast is ofte served with potato pancakes.

In carving pot roast be careful to cu across the grain of the meat, otherwis it will be stringy and not so tende When putting away what is left afte the first serving, the suggestion is mad that the gravy be poured over the meat thus keeping it moist.

For the second-day serving of po roast, slice the meat cold, and serve wit

Horseradish Sauce

1 cupful of cream beaten until stiff; add
3 tablespoonfuls of grated fresh horseradish
1 tablespoonful of vinegar
½ teaspoonful of salt
1 teaspoonful of paprika

Menu Second Day

Tomato Soup Crisp Crackers
Cold Sliced Pot Roast
Horseradish Sauce
Baked Potatoes Brussels Sprouts
Apple Pudding

I would suggest that the cold meat slices be covered with Vinaigrette Sauce, especially if fresh horseradish is not possible.

Vinaigrette Sauce

1 hard cooked egg, finely chopped
1 teaspoonful of finely chopped onion
1 tablespoonful each of red and green pepper, also finely chopped
½ cupful of salad oil
3 tablespoonfuls of vinegar
½ teaspoonful of salt
½ teaspoonful of paprika
⅛ teaspoonful of black pepper

Mix all the ingredients and allow to stand, if possible, for an hour. Shake until thick, and serve.

The above quantity will be more than you can use for a few slices of meat; keep it in a jar and use as a salad dressing.

(*Continued on next page*

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If there was not enough left of the pot roast the first day to slice for cold meat, cut off the lean meat, free from fat and bone, and chop. With this make a

Fresh Beef Hash

1 cupful of chopped beef
2 cupfuls of chopped cold boiled potatoes
2 tablespoonfuls of finely chopped onion
2 tablespoonfuls of finely chopped green pepper
3 tablespoonfuls of butter, or
2 tablespoonfuls of bacon fat
Salt and pepper
Gravy or boiling water to moisten

Mix the above ingredients together. In a baking pan melt part of the butter or bacon fat; turn in the meat and potato, which have been moistened with two or three tablespoonfuls of gravy. Over the top place butter in small pieces, and bake in a hot oven 30 minutes. Or if preferred, cook the hash in a frving pan for 20 minutes, stirring until mixed, then allow it to brown on under side. Turn onto a hot platter as you would turn an omelet, and garnish with sprigs of parsley.

Beef Sandwich

Spread the slices of beef with a little made mustard. Cover these on both sides with mashed potatoes (if left-over, reheat over hot water and beat until light). Dip cakes in flour seasoned with salt and pepper, then into egg slightly beaten and diluted with two tablespoonfuls of milk or water, and lastly coat with fine bread crumbs. These may be fried in deep fat as croquettes are fried, or baked until brown in a hot oven. Serve with them a tomato salad and hot biscuits.

Desert Trail

IT is winter
And the night is like spring:
Glowing sky, soft air, blue stars,
And the hum of innumerable motor cars
On trails of clear remembering.
It is winter
And the sands of the desert glow
With beauty. A peaceful flow of song
That reaches all the way along
And strikes deep into the heart of Mexico.
It is winter
And the way here is on an upward slope.
The passing motor cars gaily swing
Into new trails of faith which bring
A higher aim, and a firmer hope.

—*Peter A. Lea.*

to place rounds of waxed paper under the candles on the birthday cake to catch the wax drippings.

DOES OLD MAN WINTER OCCUPY PART OF YOUR HOUSE?

"Cheery as an open fire"

OLD MAN Winter is an unwelcome guest who takes possession of hard-to-heat rooms. He makes your house seem smaller in winter because there are drafty corners unfit for comfortable living.

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ROOM HEATERS

Beauty . . Personality . . Style . . Etiquette

Edited by BARBARA LENOX

THE age at which people begin to think about conserving their faces has become rapidly lower in the last few years. Once upon a time women waited for wrinkles to appear before investing heavily in rejuvenating creams, but wise women now reason economically that it is cheaper and more effective to start the rejuvenating program at an early age. In these competitive times, when a youthful appearance is so essential, it is well to consider not only all of the things that cause age, but thoughtless things we do that make us look old—the way we sit and stand for instance, and the colors that we wear. To be young in years and yet look old is almost tragic in this youth conscious world, so why not start the year by eliminating all of the handicaps to youth and charm?

The skin, you know, is made up of yellow tones and pink tones, and so the color you select for your make up or costume will make you look young if you emphasize the pink tones, while your skin will look dull and lifeless if you emphasize the yellow tones. Finding your particular color requires experiment, a good mirror, and an observing eye, and there are three things which are helpful to keep in mind. The color you select for make up or costume should either flatter the skin, intensify the color of the eyes, or enliven the hair. If you have blue eyes, you will probably want to wear blue, and that is a good idea so long as the blue is of the same intensity as the eyes, otherwise your eyes will look gray, green, or perhaps faded. It is the same with white hair. A blue white often gives white hair a yellowish cast, while another "shade" of white dramatizes white hair very effectively. Color also affects size. White, red, or orange, for instance, enlarges, while black, dark blue and soft tones, slenderize. A portrait artist once said that he wished every woman would remember that the butterfly is made in brilliant shades, while the elephant wears only dull soft tones. Imagine how much larger the elephant would look if he had on his skin the coloring of a butterfly! The woman with large hips or extra pounds can greatly youthify her figure by careful attention to color.

Another detail that can add years to our appearance is excessive make up, a too light shade of powder, or brilliant rouge. The skin should never look powdered, but simply have a smooth velvety look, which requires a fine-grained powder in a flattering shade. I've been experimenting with powders, and I've found one, made by a well-known firm, that gives a charming dull finish to the skin. It has a delightful fragrance and comes in a variety of shades. If you're interested I shall be glad to give you the name of it. Eye-shadow used too heavily hardens and ages the face, and yet without it eyes are not nearly so interesting or brilliant. Select and apply all make up very carefully, and if you will put a tiny bit of cream around the eyes, it will soften the expression, and what's more, it helps to erase those tiny lines that most of us have.

The way we walk, and sit, and what we do with our hands, often tells the observing stranger things about our age that we may not care to reveal. The average woman is quite thoughtless of the way she handles her body. For example so few women seat themselves well—do you? In street cars and restaurants have you ever noticed how women amble up to a chair and flop down unbecomingly instead of making the movement smooth and graceful? Try standing close to the chair, one foot slightly in advance of the other, then keeping the weight on the back leg, lower the body with a smooth coordinated motion. It is helpful to practice this in front of the mirror.

Health is, of course, the keynote of youth, but often unsuitable treatment will cause premature age marks. Here in the west we need to "westernize" our skin care in order to counteract the drying effect of hard water and dry climate. Select products suitable for your skin and for the environment in which you live, and be sure you cover the three essential steps in daily skin care, namely cleansing, stimulation, and protection. And speaking of cleansing, I have an interesting letter on my desk from Dr. A. R. Robertson, in which he emphasizes not only the need of cleansing the outside of the skin but the inside as well which means the pores. You would not wash the outside of a cup and disregard the inside, would you? Blushing the skin, according to Dr. Robertson, is the physiological function of cleansing. I am going into detail about this next time, when we can discuss treatment for those who actually have age marks. This time I have tried to cover a few of the common mistakes that make us look older than we really are.

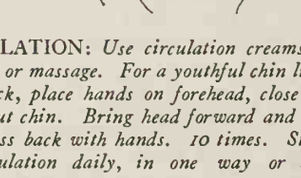
No matter what your age is, or how many handicaps you have, you must never say or even think that you cannot change yourself. New cells are born every minute, new ideas, new forces are

Four Steps to Beauty

First in a Series of Sunset Beauty Movies

CLEANSING: *Use cream, soap and water, or both. Select products suitable for the west. Apply cream with a light upward motion, massage for a moment, then wipe off using same upward movement. Remember to include the neck every time.*

STIMULATION: *Use circulation creams, facial exercise, or massage. For a youthful chin line bend head back, place hands on forehead, close mouth, thrust out chin. Bring head forward and at same time press back with hands. 10 times. Stimulate the circulation daily, in one way or another*



PROTECTION: *Use cream, lotion, or honey-almond pastes to protect skin from sun, wind, dust. Hands and neck need protection as well as the face. Apply protective products with a firm upward patting motion, using fingers at full length.*

MAKE UP: *Begin powdering at base of throat, and work upward over cheek and forehead. Powder the nose last, and remember the back and sides of neck. Use harmonizing colors for rouge and nail polish. Never apply daytime make-up by artificial light.*

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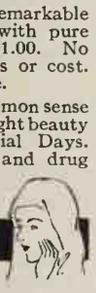

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brought into play continually. Every woman has a period in her life during which she is at her best, and this varies with each woman, but haven't you known girls who were very unattractive in their twenties and yet lovely in their forties? After all, why envy youth when in youth we find uncertain personalities, awkwardness and lack of poise while the mature years often bring poise, graciousness, and charm. I have several bulletins which I shall be glad to send you free of charge except for a stamped self-addressed envelope. There is one on each of the following subjects: Acne, Large Pores, Dry Skin, Facial Exercises, Oily Skin, and a Make-up Chart.

Gossip

THE neighbors say of me, I do
All my housework wrong end to—
That I begin when they are through.
They say, the woman reads till noon,
Hangs her wash out by the moon
And considers it a lark
To scrub a kitchen after dark.
I've heard them whispering—to think!
She leaves her dishes in the sink,
Every pan, stew-pot and skillet,
Meal by meal until they fill it,
While she traipses off alone,
Nor tells a soul where she has gone.

Well, if I'm queer because I am
Conserving dreams instead of jam;
Because I'm lying in the sun,
Or my household tasks begun
When a proper person's done—
They forget it is my groove,
Not their rut they disapprove—
Beyond a doubt then, I am odd,
And liking it and thanking God!
And should my neighbors note my laughter,
They'll never guess I think them dafter.

—Ethel Romig Fuller.

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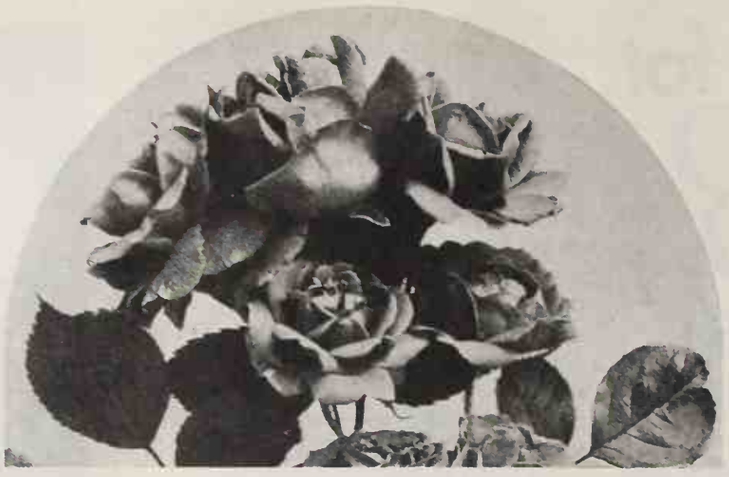


Blaze—one of the popular new roses

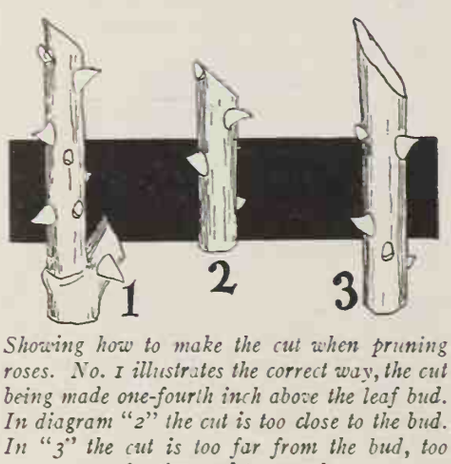
Garden Notes *for the* Bay Region

By
Marie Olsson

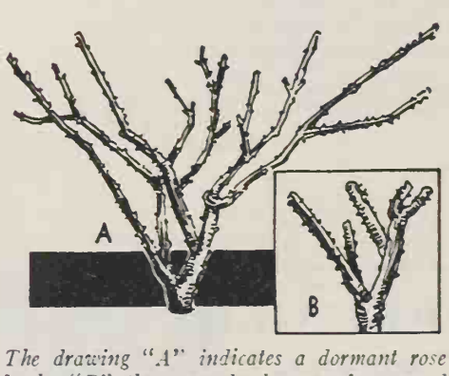
THE crisp, cool air and the white frost on the vine each morning signify that the season of growth is over, and that the dormant period of winter is at hand. It is during these months of shortened days and cold, clear nights that Mother Nature rests. It is during these months that many trees, plants and shrubs slumber, so that they may be able to send forth new foliage and blossoms with renewed vigor at the first sign of spring. And it is during the first month of this new year that we Bay Region gardeners commence to plan for our spring and summer gardens of prolific bloom.

Before me I have a dozen or more catalogues from the garden advertisers in SUNSET Magazine. Here is one that tells exactly how to build a lily pool; another one gives full information on growing petunias from seed; and still another one pictures more than 150 varieties of annuals and perennials, many of them in color—a grand guide for identifying garden flowers. So you see, these catalogues are worthwhile; not only do they list innumerable varieties that you will want to grow in your own western garden, but they tell you how to perform many, many garden tasks. It's a pleasant pastime to study these catalogues—we at SUNSET call this "armchair gardening."

Granted that spading and digging and raking do tire one, don't you feel a real thrill at the sight of newly up-turned black earth? Have you ever knelt on the ground and actually smelled the rich aroma from moisture-laden soil? Heavy rains make the soil in your garden more workable during this winter month than at any other time of the year. Not only should the ground be spaded and turned, however, it should be fed with fertilizers so that any properties taken from the soil by plants may be replaced. Start preparing the soil immediately if you contemplate sowing lawn seed in early spring, and do turn the ground several times before sowing a lawn so that all of the weeds may be eradicated. In other words, garden soil should be made ready this month for spring, summer and fall plantings.



Showing how to make the cut when pruning roses. No. 1 illustrates the correct way, the cut being made one-fourth inch above the leaf bud. In diagram "2" the cut is too close to the bud. In "3" the cut is too far from the bud, too slanting and too rough



The drawing "A" indicates a dormant rose bush; "B" the same bush correctly pruned

Prune and Spray Your Roses

Prune and spray your roses this month. It really is a grand sensation to wield pruning shears—especially when you know exactly how to go about the work. In pruning roses, first of all cut out any inside growth so that the sunshine and air can permeate the bush. In cutting back main branches, half the original length of the cane should be removed. For example, a three-foot cane is cut back to one and one-half feet. If you want the bush to spread, cut the canes off at an outside bud; if you want the bush to grow upright, cut back to an inside bud. Always cut the branch at a point one-quarter of an inch above the bud, for no new growth comes from the stem except through a leaf bud. Remember to prune upward—that is, with the tip of the shears pointed up. This will avoid any splitting of the wood. Be sure, too, that your shears are sharp and disinfected before they are used. The Golden Emblem, Angele Pernet, and Queen Alexandra are three roses that you must prune sparingly, since they often die back from a severe frost.

Just as soon as your roses become dormant, spray them with a lime sulphur solution (1¼ cupfuls of lime sulphur to a gallon of water). This solution will wash off any mildew spores which may cling from the preceding year. When the bushes start making new growth, spray them again with this same solution. Red snout rose beetles are deadly; the only really effective cure is to pick them off the flowers early in the morning.

Favorite Roses for the Bay Region

The East Bay Rose Society under the leadership of Dr. Chas. V. Covell is one of the most active garden groups in the West. For example, during the past year each member was advised to study very carefully the roses in his or her particular garden and then at the end of the year to list twelve of the best. Size and color of bloom, foliage, disease resistance, etc., were factors to be considered. In the lists submitted three varieties were included in every list. They are Mrs. Sam McGredy, with

watermelon pink blossoms and reddish green foliage; Etoile de Holland, a splendid red rose ("etoile" means "star"); and the Ambassador, a sport of the Talisman but having a uniform bronzy-salmon color. Under the leadership of these rose enthusiasts, the city of Oakland maintains a magnificent rose garden on Oakland Avenue just off of Grand Avenue. You are invited to visit this garden—which really is just a huge bouquet of exquisite roses.

One of our SUNSET readers had some difficulties last season with a bed of roses shaded by a huge spreading oak tree. The flowers withered and dropped off, and finally the canes started to go. When the bushes were pulled out, the roots were found to be covered with a white substance known as oakroot fungus. If an oak tree grows in your garden, you can avoid such a disease if you will add bluestone to the soil around the roots of your roses.

Certain perennials should be divided and transplanted this month. In this list are included hollyhocks, columbine, Matilija poppies, herbaceous veronicas, Shasta daisies and gaillardia. Nurse along the young shoots at the base of your old chrysanthemum plants by frequently watering and cultivating the soil around them. It is this new growth that provides the stock for cuttings a little later in the year. Delphinium are subject to root rot at this season; soil disinfectants should be applied once each month to prevent this.

Take Cuttings Now

Early in January is a good time to start rose cuttings. The cutting should be from fully matured wood, with a good half of its length placed underground. Cuttings are usually eight inches long and have six or eight buds. It really is best to start the cutting directly in the open ground—preferably in a warm location free from drafts. Place the cutting in the soil at an angle rather than upright to insure greater heat around the roots and so quicken root growth. Mulch each cutting with an inch or two of peat moss and do not disturb it until the spring. It will then be rooted and ready to be transferred to a permanent place in the garden. In this connection I must remind you that those cuttings do not bloom so abundantly or bear such large flowers as do bushes grown from good root stock.

Conifers root well this month from cuttings. Cut to a "heel," allow some of the foliage to remain on the branch, root in coarse sand, protect with top glass, and water moderately. The English holly in your neighbor's garden, laden at this season with tiny red fruits, will certainly instill in your heart a desire to own such a shrub. Cuttings may be started now, but remember to allow many of the leaves to remain on the cutting if you would have success.

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New Annuals for Western Gardens

(*Continued from page 11*)

sections or winter in warm ones nothing is lovelier. It wants March sowing in flats, and should be transplanted out while quite young, as otherwise it gets too quickly forced into flower.

The New Iceland Poppies

Last June I saw in the garden of Mr. P. B. Truax of Seattle the loveliest beds of Iceland poppies, in white, cream, buff, pale pinks, orange, tangerine and other colors, gay and cheering to a degree. Sojourners at the Santa Maria Inn will never forget the delightful table effects that the hostess gets there with Frank McCoy's several fine strains of this flower. Whether you prefer a mixture like the Coonara pinks or a selected color like Tangerine, try a few, preferably from a November sowing if your garden is warm or an early spring one in cool, foggy districts. Mr. McCoy sows them in the open in drills and thins them out, but they can be started in boxes as these poppies, unlike the real annuals, transplant easily. They like a light soil and a cool situation, and are best picked in bud. Though really biennials it is best to discard them after flowering.

For variety of interest, why not try *Salvia farinacea* Blue Bedder, an annual sage of easy culture, with its two-foot stems of lovely deep blue in summer or fall, a fine thing in the border, equal to many of the perennials and better natured than some. I wonder if, like many annuals I have tried, it will not be at least biennial here. I can't tell you for another year, as I just got it.

Other Newcomers In My Garden

Chrysanthemum Mawii, from seed sent me by Sir William Lawrence, whose wife collected it in Morocco, has excited much comment in my garden again this year, and it is being well spread around from seed. Though at least a short-lived perennial, it flowers the same season as sown, so may be treated as an annual of easy culture. Its small single, pinkish flowers look the better because of its attractive permanent leafage. Another unusual annual I have tried is *Hibiscus trionum*, a rather weedy grower with horizontal branches; its large cream, dark-centered flowers are suggestive of the Mariposa tulip and are pleasing to most gardeners. Sow it in the open in spring. I haven't had much luck germinating the big, dark-centered orange daisy from South Africa, *Venidium fastuosum*, but I have survived the failure, partly, perhaps, because I find occasional other gardeners equally unsuccessful, partly certainly because though highly praised as the "Monarch of the Veldt" it is really rather big and coarse, something I don't care for in flowers. Daisies ought to have relatively small centers and long rays. The gerberas have the latter form. On the other hand, I do like *Catananche coerulea*—call it Cupid's Dart if you prefer. Though my wife says I look most natural to her when I am on one end of a hose I have a sneaking admiration for flowers which can get along without my ministrations. This catananche does going through our long dry summers almost unwatered and nearly always covered with blue flowers on long, wiry stems which fit them for cutting. I find that though it is really a perennial it flowers the first year from seed, which I think is particularly nice of it.

Low Growing But Highly Rated

Low-growing plants for edgings, borders or even the rock garden are always being tried in my garden, though the list which here follows contains several of those I failed to sow after buying seed because they sounded interesting. Annual linarias I am quite partial to, so naturally I got seed of *Linaria maroccana* Fairy Bouquet. It was rather dwarfer than the usual strains like Excelsior but taller than described and with too great a dominance of pale shades for my taste. The rock garden antirrhinum bred by crossing the dwarf bedders with *Antirrhinum glutinosum* "read good" but mine were sown too late to flower this season so I will have to report later on their beauty, permanence and liability to rust, if any. *Felicia Bergeriana* is a little, low South African annual with blue daisy flowers of a little less than inch in size. Nice where you have enough sun to open them well, but they sulk in the shade or fog. Gazanias from seed, not the crude orange one which blinds us in parkings, I flowered only by proxy in the garden of Victor Reiter, Jr., to which I frequently resorted this so-called summer in the hope of finding them fully opened by the sun. The many shades of yellow, the occasional whites and bronzes and the fewer glowing orange reds showed what these could be on a sunny bank, but don't expect too much of them in an unusually foggy San Francisco summer. I believe they offer great opportunities for use in dry, sunny gardens and they can be flowered from seed the season sown, though they are of course nearly all perennials. Seed is not available except by importation.

Other South Africans worth trying are *Dimorphoteca ringens*, in white with an almost blue center, *ursinias*, *Arctotis scapigera* and the *heliophilas*, all sun lovers, though only the last plainly says so by its name. Few of the South African daisy-like annuals open well in shady or foggy gardens.

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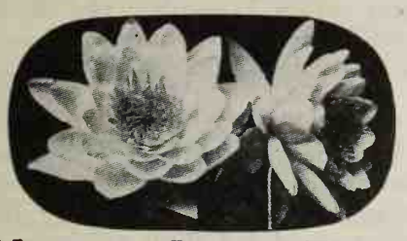

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More About The New Annuals

SPONSORED jointly by American Seed Trade Association and Southern Seedsmen's Association, a nation-wide competitive trial of new introductions is being conducted each year with a view to grading new novelties in the order of their merit from a standpoint of nation-wide garden adaptability. The committee making these selections consists of ten of America's foremost seedsmen, located in different parts of the United States, each of whom maintains a trial garden where all the novelties offered are tried out and scored according to an agreed standard. The highest average scores in all the gardens win the awards. This past season's trials have produced the following winners:

Calendula, Chrysantha or Sunshine

(*Pictured and described more fully in Mr. Mitchell's article*)

Distinctly different in flower form, it has wide petals, loosely arranged, incurved at center and reflexed at edges, somewhat like a chrysanthemum. Flowers four inches across are clear buttercup yellow on long stems for cutting; about thirty inches tall.

Petunia, Pink Gem

The first of a charming new race of miniature petunias. It forms a neat, very compact plant only six inches high, quite covered with two-inch flowers in shades of pink. Indispensable for bedding, edging, window boxes, pots and rock gardens.

Linaria, Fairy Bouquet

Light and airy plants growing eight inches tall with flowers that appear like miniature snapdragons in a great variety of colors. A splendid filler for bouquets, useful for bedding, pots and boxes. Very quick to bloom after planting.

Verbena, Dannebrog

Medium sized flowers of intense scarlet with contrasting large white eyes. Very compact growth and thus useful for bedding. It is showy and attractive and comes true to type and rich, sparkling color.

Aster, Los Angeles

A new Super Giant type, three feet tall with exceptionally large flowers. The color is a serenely pure shell pink. The flowers are full petaled, deep and artistic, with feathery interlacing petals.

Canterbury Bell, Liberty Bell

Dark violet-blue annual Canterbury bell, blooming in six months from seed. A decided improvement over the popular biennial form, though blooms may not be quite as large. About two feet

Premier Benito Mussolini Grand Prize Gold Medal awarded Carl Salbach for the most outstanding exhibit in the largest flower show outside of New York City.

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practically 100 per cent double and sen
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flowered and with about 60 per ce
fringed, petaled flowers. Colors a
striking within their range, and bo
germination and vigor are the best th
were found in its type.

Hunnemania, Sunlight

Clear canary yellow "Tulip Poppy
which is semi-double, is pretty and do
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duced over a long season. Easily grow
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Dwarf French double type, one foo
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A giant Peony Flowered aster of much
promise. Delicate lavender pink, full
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tips, this aster is unique in its class.
Excellent for cut flower use and bedding.

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A single flowered annual variety of
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Exceptionally strong growing plants
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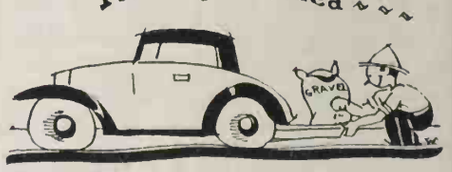
It's a good idea . . .



to use a piece of flat tin under the car on the garage floor to catch dripping oil. Bend up the edges of the tin about an inch and fill with sand.

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My Rules For Pruning Grapes

OFTEN you hear the owner of the grape arbor say that he cares nothing about the fruit, but prunes so he will have lots of shade. These two objectives should both be obtained with proper treatment. There is no need of sacrificing one for the other.

Usually the mistake is made of leaving too much of the past season's wood on the arbor at pruning time. Thus there is so much new growth the following summer that the fruit produced is small from over-production and mildews from being so shaded.

Ten feet is plenty close enough to have grapevines spaced on the sides of the arbor. When they are first planted they should be allowed to grow as they will the first year and the following winter everything cut off but one good cane and this cut back to about two buds. This treatment will develop a good root system for rapid growth the second summer. As growth starts the second summer, rub off all shoots but one well placed and keep this one tied up straight until it reaches the top of the arbor and well across the top. One straight trunk reaching to the top and across the top is all that is desirable. Old vines which have several trunks should be reduced so that only one is left.

No growth should be allowed to grow upon the vertical trunk. Plenty of shade will be obtained upon the sides by canes hanging over from the top.

Two to four canes, two to four feet long, or six to ten spurs will be ample fruit wood to leave on each year. By leaving this small number vigorous growth will be developed which will give plenty of shade and at the same time the crop will be reduced so that the fruit can attain a desirable size. A dense top shade will be eliminated for less fine small canes will be produced to shut out the sunlight and cause mildew.

By pruning to reduce the wood upon the grape arbor, utility and beauty can be made to function in unison and a well-placed grape arbor may be a desirable part of the back yard.—Harry L. Holmes, Bakersfield, California.

to slip the end of the hose into an old gunny sack when watering in basins or trenches. This prevents washing of soil.

HOW TO GET REAL
Enjoyment
from your Garden

Vivid colored flowers, velvety green grass and crisp fresh vegetables will reward the efforts of gardeners who follow these simple rules: (1) Buy only the best seeds and bulbs from reputable dealers. (2) Provide the soil with the vital elements so essential to plant life.

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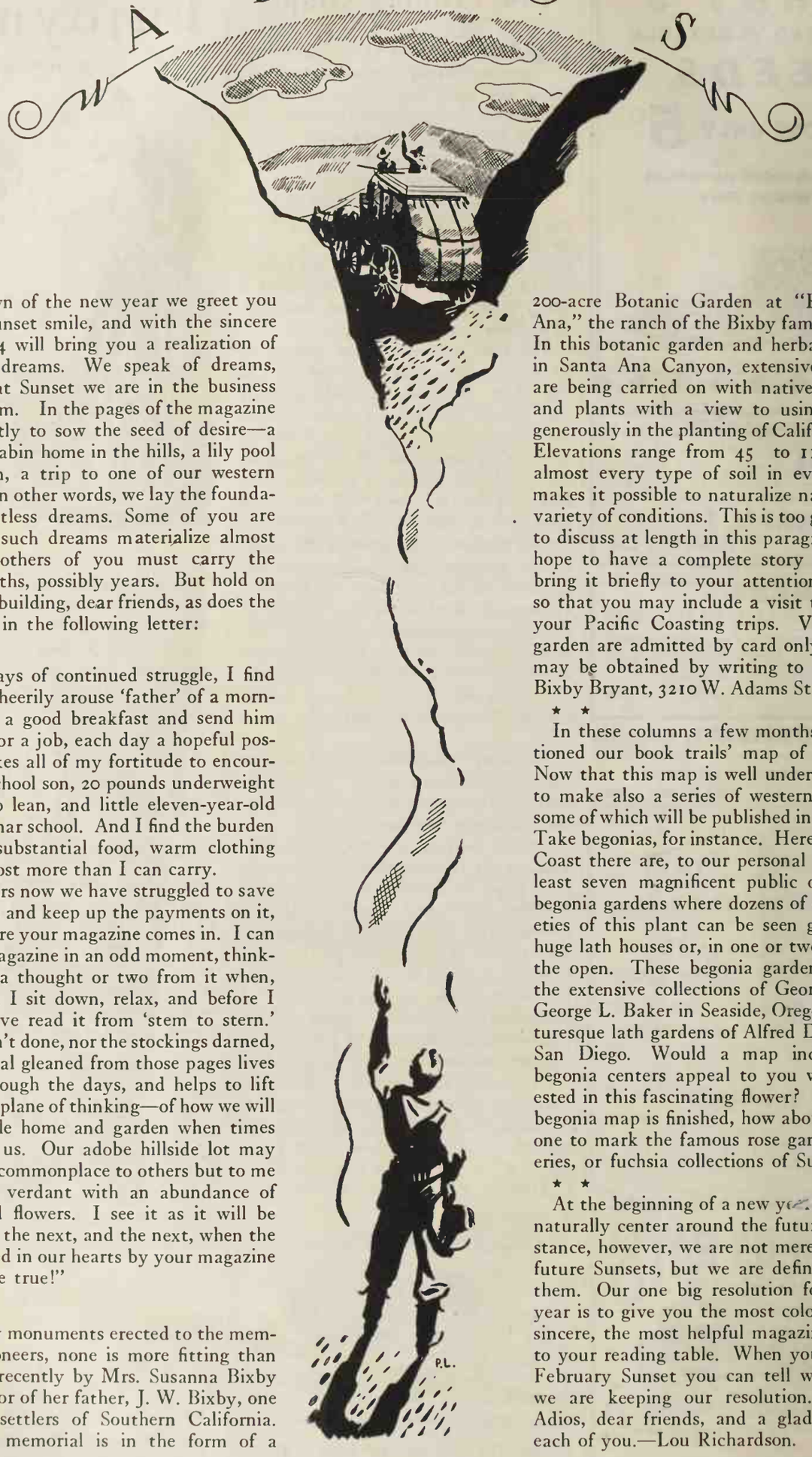


AT the dawn of the new year we greet you with a Sunset smile, and with the sincere wish that 1934 will bring you a realization of your fondest dreams. We speak of dreams, because here at Sunset we are in the business of building them. In the pages of the magazine we try earnestly to sow the seed of desire—a longing for a cabin home in the hills, a lily pool for the garden, a trip to one of our western wonderlands; in other words, we lay the foundations for countless dreams. Some of you are able to make such dreams materialize almost immediately; others of you must carry the vision for months, possibly years. But hold on to your castle-building, dear friends, as does the Sunset reader in the following letter:

★ ★

"In these days of continued struggle, I find it difficult to cheerily arouse 'father' of a morning, cook him a good breakfast and send him forth to look for a job, each day a hopeful possibility. It takes all of my fortitude to encourage the high school son, 20 pounds underweight and looking so lean, and little eleven-year-old sister in grammar school. And I find the burden of supplying substantial food, warm clothing and shoes almost more than I can carry.

For four years now we have struggled to save our little home and keep up the payments on it, and here's where your magazine comes in. I can pick up said magazine in an odd moment, thinking to snatch a thought or two from it when, lo and behold, I sit down, relax, and before I realize it I have read it from 'stem to stern.' The dusting isn't done, nor the stockings darned, but the material gleaned from those pages lives on and on through the days, and helps to lift me to a higher plane of thinking—of how we will fix up our little home and garden when times get better for us. Our adobe hillside lot may look poor and commonplace to others but to me it is rich and verdant with an abundance of shrubbery and flowers. I see it as it will be next year, and the next, and the next, when the dreams, planted in our hearts by your magazine will have come true!"

★ ★

Of the many monuments erected to the memory of our pioneers, none is more fitting than the one built recently by Mrs. Susanna Bixby Bryant in honor of her father, J. W. Bixby, one of the early settlers of Southern California. This unusual memorial is in the form of a 200-acre Botanic Garden at "Rancho Santa Ana," the ranch of the Bixby family since 1875. In this botanic garden and herbarium, located in Santa Ana Canyon, extensive experiments are being carried on with native trees, shrubs and plants with a view to using them more generously in the planting of California gardens. Elevations range from 45 to 1100 feet, with almost every type of soil in evidence, which makes it possible to naturalize natives under a variety of conditions. This is too great a project to discuss at length in this paragraph (later we hope to have a complete story of it) but we bring it briefly to your attention at this time so that you may include a visit to it in one of your Pacific Coasting trips. Visitors to the garden are admitted by card only. Such cards may be obtained by writing to Mrs. Susanna Bixby Bryant, 3210 W. Adams St., Los Angeles.

★ ★

In these columns a few months ago we mentioned our book trails' map of Sunset Land. Now that this map is well under way we hope to make also a series of western flower maps, some of which will be published in the magazine. Take begonias, for instance. Here on the Pacific Coast there are, to our personal knowledge, at least seven magnificent public or semi-public begonia gardens where dozens of exquisite varieties of this plant can be seen growing under huge lath houses or, in one or two instances, in the open. These begonia gardens reach from the extensive collections of George Otten and George L. Baker in Seaside, Oregon, to the picturesque lath gardens of Alfred D. Robinson in San Diego. Would a map indicating these begonia centers appeal to you who are interested in this fascinating flower? And when the begonia map is finished, how about our making one to mark the famous rose gardens, or rockeries, or fuchsia collections of Sunset Land?

★ ★

At the beginning of a new year our thoughts naturally center around the future. In this instance, however, we are not merely thinking of future Sunsets, but we are definitely planning them. Our one big resolution for the coming year is to give you the most colorful, the most sincere, the most helpful magazine that comes to your reading table. When you receive your February Sunset you can tell whether or not we are keeping our resolution. Until then, Adios, dear friends, and a glad new year to each of you.—Lou Richardson.

EAR OF BLOWOUTS

tone *High Speed Tires*

years every winner in the Indianapolis 500-Mile Race has equipped his car with Firestone Tires.

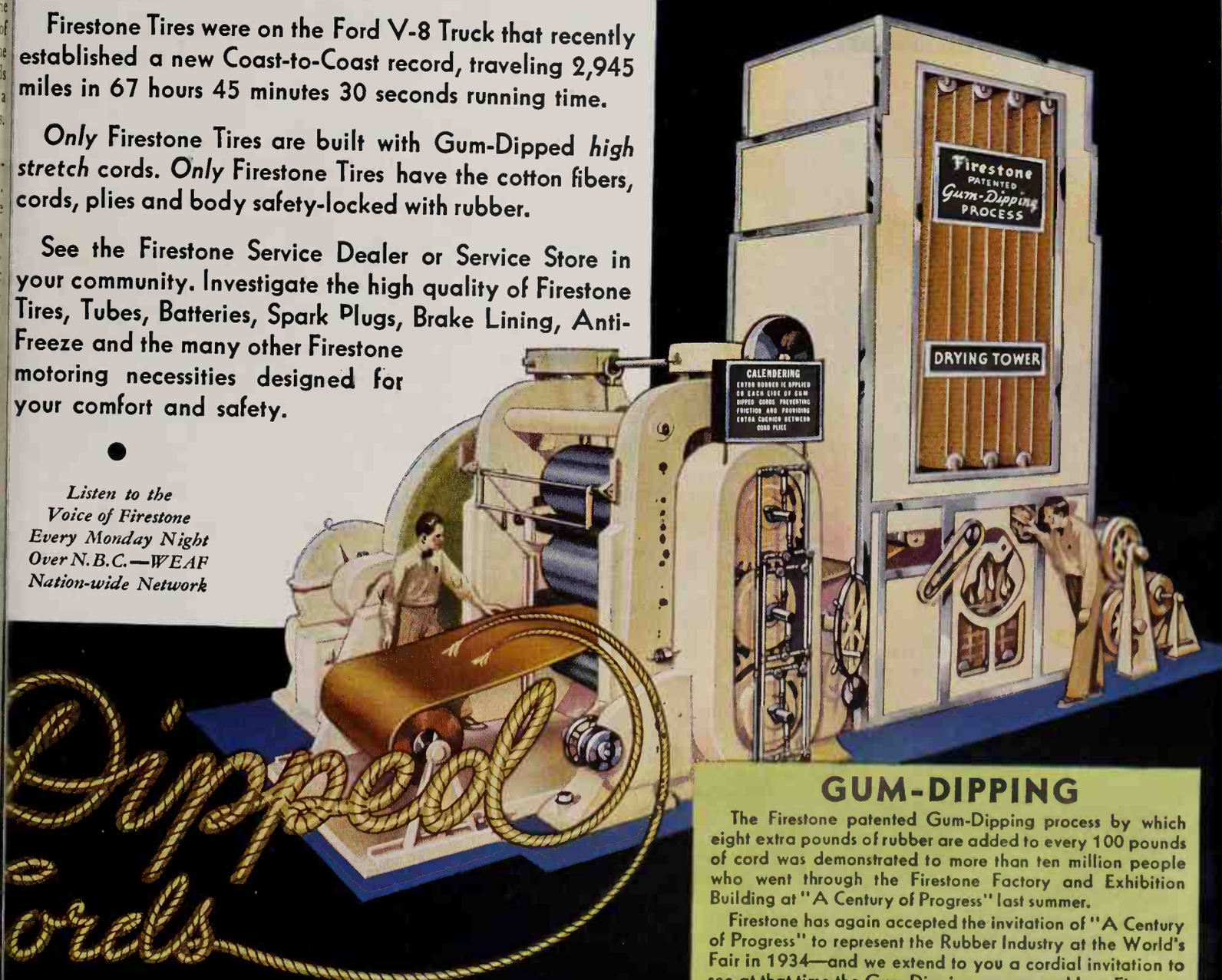
Firestone Tires were on the Ford V-8 Truck that recently established a new Coast-to-Coast record, traveling 2,945 miles in 67 hours 45 minutes 30 seconds running time.

Only Firestone Tires are built with Gum-Dipped *high stretch* cords. *Only* Firestone Tires have the cotton fibers, cords, plies and body safety-locked with rubber.

See the Firestone Service Dealer or Service Store in your community. Investigate the high quality of Firestone Tires, Tubes, Batteries, Spark Plugs, Brake Lining, Anti-Freeze and the many other Firestone motoring necessities designed for your comfort and safety.

●

Listen to the Voice of Firestone Every Monday Night Over N.B.C.—WEAF Nation-wide Network



GUM-DIPPING

The Firestone patented Gum-Dipping process by which eight extra pounds of rubber are added to every 100 pounds of cord was demonstrated to more than ten million people who went through the Firestone Factory and Exhibition Building at "A Century of Progress" last summer.

Firestone has again accepted the invitation of "A Century of Progress" to represent the Rubber Industry at the World's Fair in 1934—and we extend to you a cordial invitation to see at that time the Gum-Dipping process and how Firestone Tires are made.

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Along the coast near San Pedro

FISHER STUDIO, KETCHIKAN, ALASKA

SUNSET GOLD

ONE of the best antidotes in the world for "meanness" is space: the spaciousness of far horizons, whether seen from mountain top or ocean beach, from canyon ledge or desert rim. That all-important sixth sense—the sense of proportion, or as some call it, sense of humor—is stimulated, and petty trials and conditions of life appear in their true light, relatively unimportant.

Particularly do we need the space treatment when we grow cross and short of temper. Some of us find it easy to excuse our own irritability and consequent meanness on the grounds of overtiredness. Nine times out of nine, to be sure, the diagnosis is correct; but I wonder if we really have the right, ever, to let ourselves get over-tired to the point of being cross and grumpy or positively ugly to those we love? How many times a year can we claim a legitimate reason for fatigue—some big emergency of illness or sudden stress? How many times does it come rather as a result of poor planning on our own part; of yesterday's procrastination with consequent piling up of work for today; of foolish adherence to standards of living or housekeeping or office production that are beyond our comfortable reach?

When children get tired and cross, we can put them to bed for the rest they obviously need. No wise parent attempts to discipline a tired child, for a bad situation is thus made worse.

When grown-ups grow tired and cross and short-tempered, we can't usually put them to bed, but we can usually—if we ourselves are not likewise tired and cross—prevent smoldering irritability from bursting into a fierce flaming quarrel. Never do we choose such moments to point out the error of their ways. Rather, we cast about in our minds for some bit of "blarney" or foolishness, some silly remark that totally disregards the crossness. Detours around difficult spots in family and friendly relationships are just as sensible and just as important as detours around slides and washed-out bridges. Observe the signals reading "Dangerous but passable," and proceed with caution. Remember, tact is another word for kindness, and kindness is a more effective force always than meanness. We cannot know when a word of faith and encouragement spoken by chance may "change the luck"—that is, the outlook—for some discouraged soul who has been expressing his discouragement in the form of irritability.

If we are truly grown-up we shall recognize in ourselves the early symptoms of fatigue and irritability, and shall flee to the spacious out-of-doors where we can find rest and renewal for our tired spirits. And if we are truly grown-up, we shall recognize in others the same signs of childish temper and shall treat them, not with nagging criticism, but with flattery or foolishness. Kindness, after all, is an investment which costs nothing, but which yields rich dividends in friendship and understanding.—G.A.C.

Need of Storm

THERE is no calm that does not have its storm,
Within the heart of earth, or you, or me.
In pent-up sultriness the cyclones form,
And long blue days breed tempests yet to be.
Frail breezes write on moonlit waves of glass,
With unseen hands, momentous prophecies—
And sailors read, and know the mood will pass,
Relieved at last by strident rhapsodies.

When in the heart of earth or you or me
Is felt the need of storm, a storm will rise—
And it may spring from deep serenity,
Or break where false and sultry safety lies.
Taste what the passion of the wind is like;
Embrace the storm, and bid the lightning strike!

Marion Steward.

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(The Pacific Monthly)
FEBRUARY 1934
Vol. 72 No. 2

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ADVERTISING OFFICES
Main Office, San Francisco, Sunset Bldg., 1045 Sansome St.
New York, 501 Fifth Ave. Boston, Old South Bldg.
Chicago, 919 North Michigan Ave.

SUNSET is the magazine for people living in the Pacific West. Subscription rates 50 cents for one year; $1.00 for 2 years. Canadian and foreign subscriptions $2.50 per year. The editorial contents of this issue of SUNSET are copyrighted and only reliable advertising appears between its covers.

Published monthly by LANE PUBLISHING CO., Sunset Building, 1045 Sansome Street, San Francisco. Pacific Central Edition entered at San Francisco Post Office as second class mail matter. (Member of the Audit Bureau of Circulation.)

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This advertisement is written by a man who just returned from his first trip to Mexico.

I went down and came back on the *West Coast Route* of Southern Pacific, spending two days at Mazatlan, three at Guadalajara, seven in Mexico City. And my most vivid impression of Mexico is the kindness and friendliness of its people. Not once did I suffer any inconvenience or discourtesy at their hands.

Other memories crowd in. The first American money I exchanged. For $40 I received 141.20 pesos—a tremendous roll! The crowds that came down to meet the train at every stop, on this West Coast where the arrival of a train is still a big event. The fresh pineapple I bought at Rosario. The mountains shaped like jigsaw puzzles. The beautiful women at Mazatlan. The thrill of my first experience at deep-sea fishing in that tropic harbor. And the man who climbed a tall palm to bring me down a green coconut.

Guadalajara's market place attracted me far more than the magnificent churches. There was a street almost filled with sombreros, another with pottery and baskets. Mexico City (they call it simply "Mexico" down there), a beautiful city in a valley 7,440 feet above the sea. The struggle I had learning to pronounce *Ixtaccihuatl*. The policemen who stopped all traffic while I photographed a Charro during the Sunday parade at Chapultapec Park. The little boy who poled us through the floating gardens at Xochimilco.

I wrote an account of my trip just as it occurred. Southern Pacific has had a number of copies made. If you'd enjoy reading what an average tourist saw and did in a three weeks' trip to Mexico, write one of the men below.

SIX TRAINS A WEEK

Service on Southern Pacific's *West Coast Route* via Tucson and Nogales, has been recently increased to six trains a week, every day except Sunday. All trains carry Standard Pullmans and serve good meals.

Pullman charges have been greatly reduced. And the rail roundtrip fares are very low. For example, $107.25 from San Francisco to Mexico City and back, $96.10 from Los Angeles. Lower fares will be in effect for summer trips.

For an account of this trip, "I've Been to Mexico," write F. S. McGINNIS, 65 Market Street, San Francisco, H. P. MONAHAN, Pacific Electric Building, Los Angeles, or J. A. ORMANDY, 705 Pacific Building, Portland, Oregon.

Southern Pacific

Above, a group of Eucalyptus globulus growing at the base of Mt. Helix. At left, a row of feathery red gums. At right, Eucalyptus amygadalina, the peppermint tree

A Prince in Tatters

"A PRINCE in tatters," thus a California poet describes that most striking arboreal alien of our California landscape, the eucalyptus tree. Certain it is that these towering boles, ending in an apex of fronded leafage, are clothed with the mystery of sublime grace. And, during summer, when the old bark is slowly pushed aside by the most ravishingly delicate of green new growth, golden brown patches of last season's coat hang in veritable tatters which serve to accentuate the innate grace and proud bearing of these regal guests.

To plant groups of eucalypti in appropriate places about a large or small Californian estate is equivalent to taking esthetic and economic insurance for the future years. Almost immediately they pay dividends of beauty, their drooping branches and lanceolate leaves swaying perpetually, even in the most imperceptible airs. Then, too, a balm-like fragrance emanates from the essential oils in the leaves and small twigs of the tree; this is immediately apparent to anyone walking through an eucalyptus grove. The scent is not heavy, but a certain pervasive pungency, a sense of cleanliness, an awareness of sparkling sweetness of out-of-doors suffuses the consciousness. These oils are extracted for medicinal use; and there is a nectar in the flowers from which bees make honey.

The eucalypti (indigenous to Australia, New Guinea, Tasmania and one of the Moluccas) belong to a genus of trees and shrubs of the natural order *Myrtacea*, and embrace about 150 species. This great family of evergreens comes to us directly out of the untold past, belonging with the antediluvian flora and fauna of Australasia. Each species makes its own contribution to the various needs of man. Thus, *Eucalyptus gunii* (also known as *E. stuartiana*), one of the red gums commonly called the "cider-tree" or swamp gum, grows well in marshy places and has the effect of draining such soils of their excess moisture, making them habitable. The Italian government planted groves of *E. gunnii* and *E. globulus* on the Campagna a number of years ago; and today this great plain which was noted as a deadly malarial region has been transformed into a most salubrious one.

E. globulus (blue gum) is known in Spain as the "fever tree," due to its effect on modifying climatic conditions in low-lying areas and ridding them of mosquitoes. The blue gum requires a plentiful supply of water during the first five years of growth, but after becoming established well in the soil, it will thrive in semi-arid localities. *E. globulus* is the principal source of eucalyptus oil in the United States, as it constitutes practically all of the solidly planted groves here. Its popularity and widespread dissemination are due primarily to its

A Most Practical Article on the Selection and Care of Eucalypti

By
WHITLEY GRAY

rapid growth and its excellent effect on climate.

While the peppermint tree (*E. amygadalina*) yields more oil than the blue gum, it grows neither so large nor so rapidly, and so has gained a more tardy recognition. However, if one wishes to specialize in the production of eucalyptus oils there is no better tree to plant than *E. Amygadalina*. It will grow well on rocky, barren hillsides in regions having but little rainfall; also it responds quickly to more favorable environment, and will withstand heavy frosts, although none of the eucalypti will survive severe freezing temperatures.

For extremely dry regions, *E. corynocalyx* (sugar gum) and *E. rostrata* and *E. tereticornis* (red gums) should be planted. They have been known to survive under desert conditions where the ground water was 100 feet below the surface. *E. sideroxylon* (red ironbark) furnishes the best fuel. It gives off as many heat units as the best soft coal, but with the difference that the fumes are pleasing; also, it is easily split into required sizes.

E. citriodora, one of the red gums, commonly called the "lemon scented eucalyptus" grows well in this country. When crushed in the hands, the leaves give off a heavy fragrance of lemon, and are used to stuff lounge pillows and even mattresses. It never reaches a great height, but the foliage droops low and is thicker than that of most eycalypti.

Eucalyptus marginata (Jarrah Wood) is the most valuable commercially, being adapted to all manner of wood-turning: doors, panels, finishes for windows, furniture, as well as being used in large, heavy timbers for docks, shipbuilding, etc. Construction engineers have demonstrated that eucalyptus wood will last indefinitely without rotting, in the ground or under water. One case history cited is that of a contractor who instructed his night crew to substitute some eucalyptus logs for pine which was called for in his contract. These were placed out of sight under a wharf as they were then supposed to be inferior. Years afterward, when repairs were made, it was discovered that the eucalyptus logs were still in good condition, while the pine had long since rotted away.

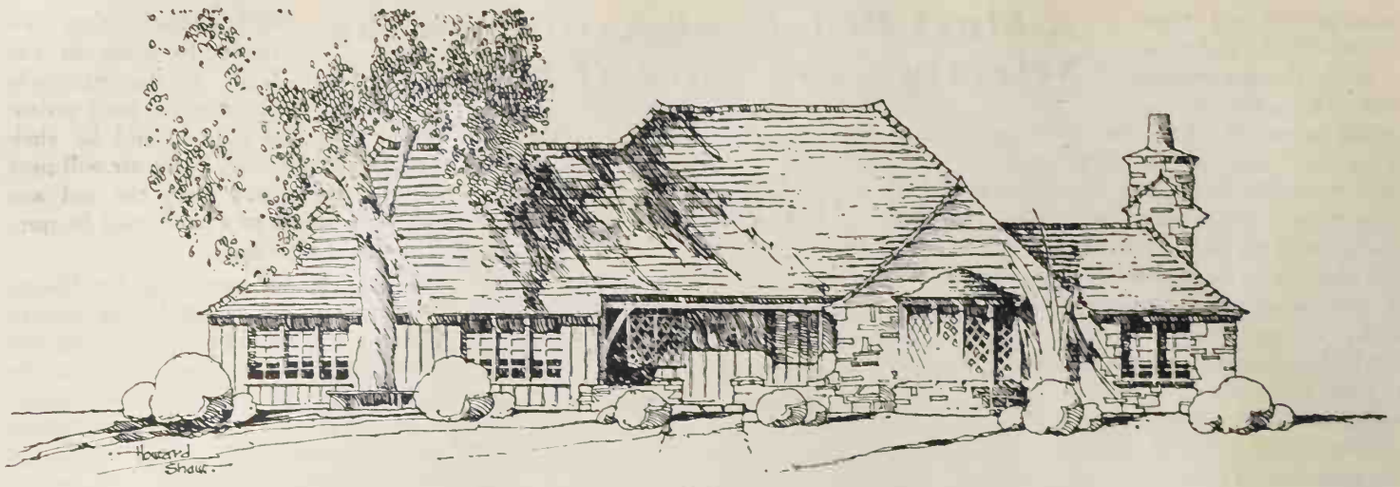
Eucalypti are propagated from the seed only, and due to this factor, we find no plant diseases or parasites attacking the trees in this country. Required conditions for their propagation and growth are warm summers, moderate rainfall, atmospheric dryness, plenty of sunlight and temperate winters. The coastal regions of central and southern California are the places where they have been most successfully grown in the United States.

To start the seeds, sow in shallow boxes in prepared soil composed of one part coarse sand to two parts leafmold. Strew seeds thickly over the surface, then place a light covering of sand over the seeds. Keep the soil constantly moist until the plants appear, which they should do in from one to two weeks. After germination, keep the soil damp but not wet. If kept wet, the young plants "damp off," that is wilt and decay at the surface of the ground. Water young plants during the mid-morning hours, so that they will become partly dry by night. Leaving seed boxes out in rainfall often starts plants that weeks of artificial watering have failed to do. Apply water freely before transplanting. Seedlings 2 to 3 inches high should be transplanted to "flats" 2 inches apart each way. Soil in flats should contain less sand than in the germination bed. When plants are 4 to 8 inches high, they are ready to plant in the field. In the extremely dry regions, both germination beds and flats should be sheltered in a lath house, as the air will suck the moisture away from the soil and bake the surface to a hard crust in spite of frequent watering.

At Rancho Valiente, near San Diego, the writer has discovered that surface watering of young eucalypti causes the trees to become lazy and refuse to dig their roots down for subsurface water. As a consequence, many have blown over in strong wind storms; while red gum trees, which were given no water, sent their roots deep down and sturdily faced the gales. The most successful plan discovered for watering the young trees (blue gums principally) is to mulch the surface around the bole of the tree with leaves, straw, sawdust, or even fine sand, and then sink a pipe from 2 to 3 feet below the surface and run the water.

Editor's Note.—Eucalyptus trees of varying sizes and of several varieties can be purchased, boxed or in gallon cans ready to transplant, from most California nurseries. Seeds of the eucalyptus are obtainable from at least one western plant specialist. If the seeds or young trees are not listed in any of your garden catalogues, write the Garden Editor of SUNSET Magazine.

A graceful row of red gums thriving under desert conditions — very little water — at Grossmont, San Diego county, California



·FRONT · ELEVATION·

A Country Home for

EVERY one of us, perhaps a little tired of the noise and hurried tempo of the city, has yearned for a country home, possibly to live in only a few months each year, but constantly longing for the time to come that we may lay down our tasks, devoting ourselves entirely to the peaceful serenity of the country.

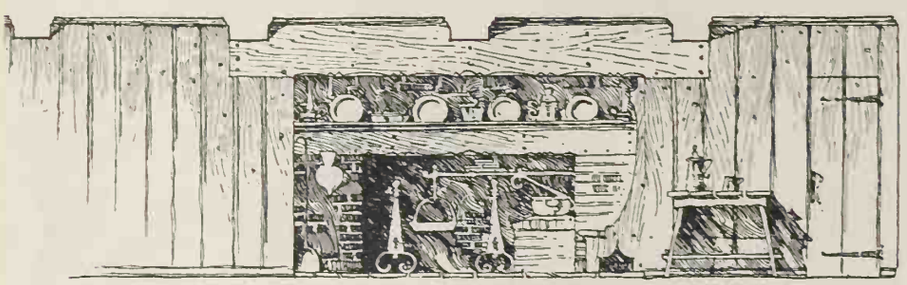
We vision our home, rambling and rustic, snuggling close to a blue mountain, perhaps nestling among towering trees; a babbling brook bringing its music to our ears. There we may find the peace for which we have longed.

Pictured here is such a house, rugged and strong, adapting itself to nature's strength, yet retaining delicacy and refinement, enabling it to be in perfect taste while it grows old gracefully.

The house has been planned to give every possible chance of enjoying the advantages of country life. Having no confining lot lines, we benefit immensely. We know that on waking up some morning we shall not see a house being erected next door, obstructing our pet view and our cooling breeze. So we have made our house with an abundance of windows, a separate outside entrance for each important room, giving the very necessary cross-ventilation and an extreme amount of privacy.

The final test of a country house is its fireplace. If it is adequate it makes for home. If not, we have merely a roof over confining walls. We offer, therefore, a fireplace that is more than adequate. Patterned, perhaps, after those in Merrie England but nevertheless so charming and practical that the most staunch American will point to it with pride. An added convenient feature is the wood room, opening directly off the fireplace alcove and from there to the outside.

The living room, long and wide, with the dining room actually a part of it, creates such an air of hospitality and simple charm that probably the idea of entertaining with large teas and parties cannot be resisted. We planned it so—everything was thought of to make such entertaining easy for the hostess, as well as very enjoyable for the guests. We may dance in the living room, partake of refreshments in the dining room, and lounge under the moon on the terrace.

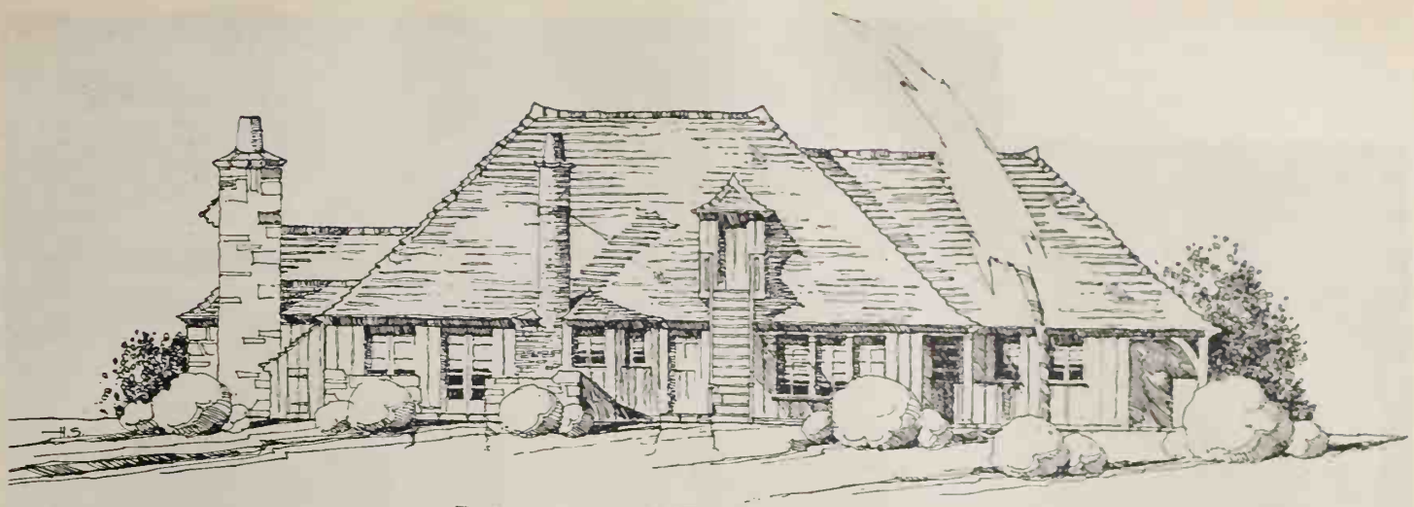


·LIVING · ROOM · WALL · SHOWING · FIREPLACE · ALCOVE·

The sketches on these pages are self-explanatory. The situation of the fireplace alcove illustrated above is indicated by the floor plan on the opposite page

·LEFT · SIDE · ELEVATION·

Note the pleasing roof lines. Although the architect's suggestion is to use shingles of wood, slate or tile is pleasing



·REAR·· ELEVATION·

the Great Open Spaces

To increase the amount of enjoyment here, we have placed a large fireplace in one corner of the terrace.

The living and dining room ceilings may go to the roof to be supported by massive wood trusses, or they may be beamed and flat.

A large bay window adds a crowning touch as the central motif of the living room, also enabling us to take full advantage of a splendid view.

Numerous porches and terraces are provided, on which a warm sun or cooling breeze may be fully enjoyed.

Having very valuable space in the attic, we ran a rustic stair up to it. Perhaps in the future, extra bedrooms may be needed and by cutting dormers in the roof, the space would be ideal. Until that time, the space may be used for storage.

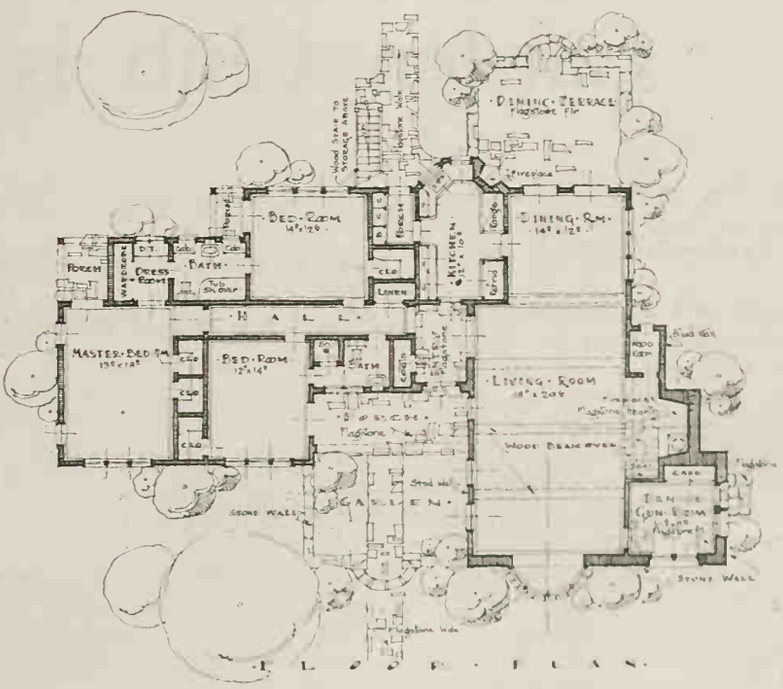
We have included a room, for the exclusive use of the man in the family—the den, rugged with its flagstone floor but very comfortable with its large windows and private entrance. A large gun and tackle case will be appreciated.

We had a feeling that we did not want the noise and smell of automobiles so close to us, and so we placed the garage away from the house along with space for a laundry. If servants are desired, their living quarters may be over the garage.

Our kitchen is very complete and so arranged that a minimum of steps are necessary in the preparation of meals.

We have made our closets large and numerous, our halls wide, with extra precaution to see that there is no waste space.

As should be, the bedrooms are extra large, each with direct access to a bathroom. (*Continued on page 28*



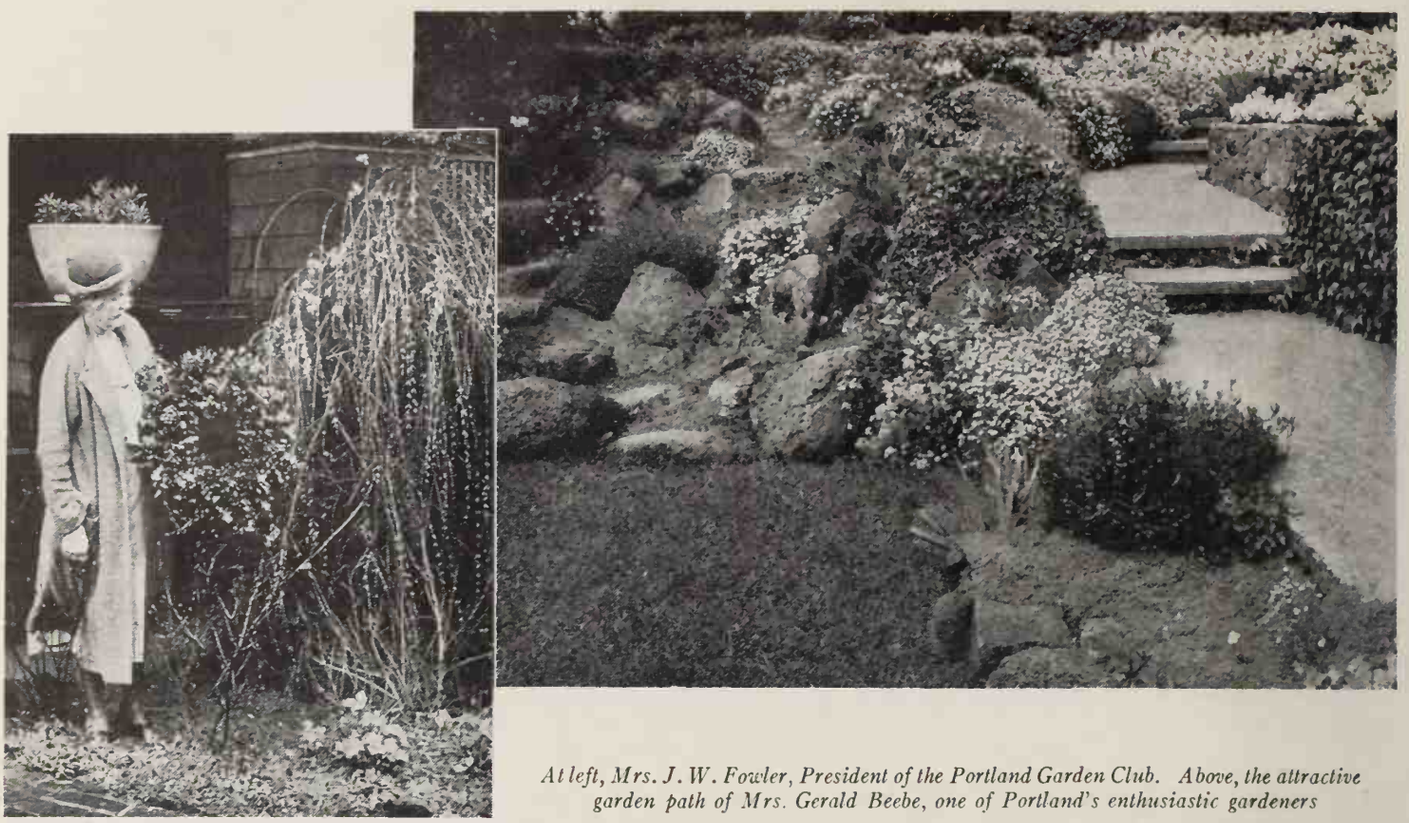
·FLOOR·PLAN·

·RIGHT·SIDE·ELEVATION·

HOWARD I. SHAW

Architect, San Diego

The massive chimney is of field stone, giving the strength, simplicity and rusticity so necessary in the country home



At left, Mrs. J. W. Fowler, President of the Portland Garden Club. Above, the attractive garden path of Mrs. Gerald Beebe, one of Portland's enthusiastic gardeners

What the Portland Garden Club is Doing

A Christmas Eve Interview With Mrs. J. W. Fowler, President

By
DREW SHERRARD
Oswego, Oregon

"BUSY? Yes, indeed; who isn't on Christmas Eve? But never too busy to talk about the Portland Garden Club!"

The wisdom of that paradoxical bit of advice about seeking out the busiest person you know, when you want to ask a favor or to get a task done for you, has been often proved; so it was not really surprising, only very pleasant, to have Mrs. J. W. Fowler, President of the Portland Garden Club, respond so graciously to the invitation of SUNSET Magazine to send a message to its readers and tell them something of the work of this notable northwest club.

We found her at home, this slender, smiling woman who combines the executive with the housewife and mingles gardening and social activities with so little apparent effort, and with such evident success. She was in the midst of the holiday task of hanging the Christmas decorations of holly and cedar, and superintending the trimming of a beautiful little Douglas fir that stood in a pot in the living room.

Though very reluctant, Mrs. Fowler finally consented to step outside and let the photographer snap a picture of her, holly wreath in hand, standing beside the winter-flowering jasmine that had just opened its wealth of yellow, starry bloom in honor of Christmas. After that, we sat beside the cozy fire, and heard all about the past performances and future plans of the club, from the one person best fitted to tell us of them.

"It's hard to turn one's mind to spring gardens and club plans when Christmas is in the air," said Mrs. Fowler. "And that reminds me, if you haven't seen the Christmas decorations in the Public Library, be sure to do so. The Club keeps the library supplied with seasonal bloom throughout the year but of course at Christmas, we make a special effort. Mrs. Arthur Kerron, who is in charge this year, is using little potted living spruce and holly trees, as the principal feature of the decorative scheme. The big wreaths were made of holly from the trees of garden club members."

Mrs. Fowler was asked to tell what she thought the outstanding achievement of the Club, but she shook her head quite positively.

"That's something I couldn't do," she said. "Perhaps if I served on just one committee, its project might seem to me all-important; or if I were quite on the outside, I might have a better view of the relative value of our many activities, but as it is, when I say 'Portland Garden Club,' such a crowd of things come into my mind at once—I just can't evaluate them for you.

"There's the Arboretum, the Spring Flower and Garden Show at Laurelhurst Park—many people would tell you that is our most effective contribution to the community—there are our gardens for the unemployed, our open meetings to which the public is always invited, there is our splendid Conservation Committee and the many things it does to educate our own members and the general public about our valuable natural resources, and the best means of protecting them. None of these things seems to me more important than the others; they are all part of the united effort to achieve our constant aim, that is, to increase the

interest in and knowledge of amateur gardening in our city. And really, I don't think it is claiming too much, to say that the Club is accomplishing this aim."

During the nine years of its existence, according to Mrs. Fowler, the Portland Club has done some pioneer work, for it was the first general garden club to be organized in Portland, and flourished some years before the Oregon Federation of Garden Clubs was formed. Besides being a member of the State Federation, it is also affiliated with the Garden Club of America, and annually sends a delegate to the national convention. Early in its history, the Portland Club registered its approval of conservation measures, and has consistently worked since for the protection of natural resources, including birds, flowers, trees, and roadside scenery. Individually, and as a group, its members have done much to awaken interest in the native plants, and to protect them from wasteful exploitation.

Asked about the garden shows which her club sponsors, Mrs. Fowler mentioned three, the largest one being held annually in Laurelhurst Park, in Portland, the other two being staged at members' houses. The Laurelhurst Show is an ambitious project, with exhibits from private and professional gardens, all in the attractive setting provided by the lawns and tree-shaded lake margin in the park. The annual Spring Bulb and Flower Show, known to most members as the "daffodil show," features spring-flowering shrubs as well as bulbs, and is the one show of the year which is for members only. At this show, tea is served and the proceeds from the sale of tea go to provide seeds for vegetable gardens for the unemployed. The show is quite early, and as a result, in 1933, these vegetable gardens were up and growing in Portland, before the money allotted by the government for the purchase of seed had become available. More than 4,000 gardens for the families of unemployed people were raised under the leadership of the Portland Garden Club.

The last show of the year is an autumn exhibition of foliage and late flowers, with particular emphasis placed on arrangement.

"One of the finest things that our shows have brought out," says Mrs. Fowler, "is the spirit of cooperation. Other clubs exhibit with us. Professional and amateur gardeners work together, the Park Bureau lends its full cooperation in the matter of the Laurelhurst Show and in many other ways. Without the fine exhibits arranged by the nurserymen, the show would lack a great deal. So in return the club raises its money in some other way than by plant sales, as these would have a tendency to interfere with the legitimate dealers' business.

"Many of our members are also members of the Portland Rose Society," Mrs. Fowler told us. "That, you know, is the oldest rose society in America, and we Portland people are very proud of the fact that the International Rose Test Garden in Portland has been declared by experts to be one of the finest in the world. The Portland Garden Club, by the way, supported this garden by paying the salary of a curator, until that expense was taken over by the Park Bureau."

We asked about that Arboretum project that Mrs. Fowler had just touched upon before.

"The Municipal Arboretum, only in its first stages as yet, interested us," she explained. "We asked for and received from the Park Bureau, a small acreage in it, where we are to be permitted to establish a magnolia planting. All the species of hardy magnolias we plan to have there, and of course this is a long-time project. We have already made the initial planting, and are also growing magnolias from seed.

"Too bad that we can't make this a real garden interview, but at this season, there is nothing to see, unless perhaps you are one of those gardeners who has enough imagination to see the spring in fancy, when you look at flower beds asleep in December."

We wanted to try, and it really wasn't so hard to do, standing at the east windows of Mrs. Fowler's cheery dining room and looking down on the steep slope that is the garden. It is that distinctive thing, a garden of shade, for tall fir trees at the foot of the slope fill the foreground of the distant, and the background of the near view, and cast long shadows over the east-slope.

At the top of the slope, in the only sunny place, a small moraine garden, set with such jewels as *Gentiana sino-ornata* and *Gentiana Farreri*, was spread. Azaleas have engaged the attention of this gardener, and the Japanese type seemed to be favored especially. They are in shades of rose and salmon, she told us, with one exception, a planting of the vivid *Hinodegiri* arranged about a small graceful bird bath modelled from clay by this versatile woman. We pictured the blue columbines (*Aquilegia jocunda*) under the yellow flower chains of the laburnum tree, tried to imagine the picture the blue violas will make next spring, gave it up, resolved to come back in spring and see them!

There was a great deal more, it seems, to tell SUNSET's readers; but remember it was Christmas Eve, there was to be a party, and those holly wreaths weren't hung yet, nor the little fir tree decked in its holiday splendor. So we exchanged a "Merry Christmas" with our hostess and departed, bearing her message to SUNSET readers, "Come and see our Portland gardens! You'll be welcome!"

Below, "Daffodil Time" in the garden of Mrs. A. C. Emmons

Above, a perennial border at Fir Acres, the home of Mrs. Edna Frank

An English Nook

Fourth and Last in a Series

DESIGNED BY

THIS English garden may effectively become the formal nook in the informal western garden, especially if it is placed adjacent to the archery field or the tennis court. Here you may rest after a brisk game, enjoying tea or what-have-you. The garden seat is the locker for the paraphernalia of the game, or, if you prefer, for your garden tools.

The dimensions of the little garden are flexible. Obviously the plan can be stretched or contracted as desired. If the sundial is to be used as the central figure, the spot must be a sunny one. If shade is more to be desired, use a gazing globe, bird bath or statue for the central figure.

You will like the low, boxwood hedges. They take up but little space and afford a charming background for gay annuals or roses. Such hedges suggest an air of refinement and inoffensive seclusion and require but a minimum amount of care.

The sundial is a fascinating subject. Historically its earliest mention occurs at a date about 700 years before the Christian era. The earliest sundial of which we have any certain knowledge was around 300 B. C. The building of this little garden should take you into a fascinating study of this earliest of time pieces.

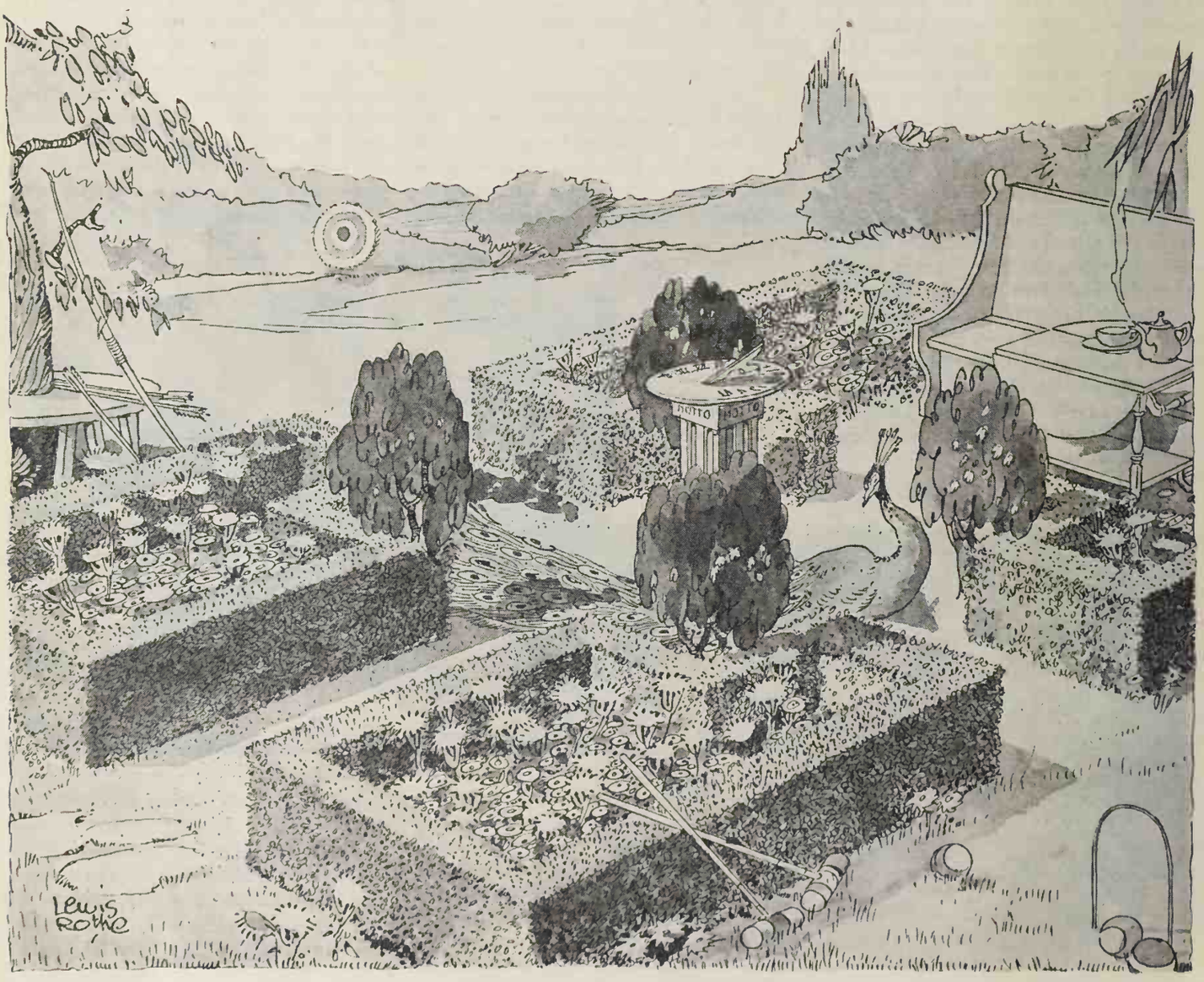
The pedestal on which the sundial stands should be very simple. It may be made of concrete or wood at home, or a pedestal may be purchased. Each of you will select your own design and choose your own motto, and enjoy the quest. To many the sundial will become a classic feature of the garden.

Place your pedestal in such a position that it may receive the sun's rays both in the morning and in the afternoon. Carefully level the surface to receive the dial, by a spirit level. The dial may be metal or wood and may be engraved or painted as desired.

The chief essential will be the accurate fixing of the "style" which casts the shadow. It must be in the meridian plane (north and south by compass) and must make an angle with the horizon equal to the latitude of the place.

Hang a free plummet from the end of the style. When, at 12 o'clock (by a correct watch) the shadows of the style, plumb line, and 12 o'clock line on the dial coincide, this single shadow will be the correct 12 o'clock line.

An easy and accurate method of tracing the other hour lines would be by marking where the shadows of the style fall as 1, 2, 3, 4, etc., hours elapse (use

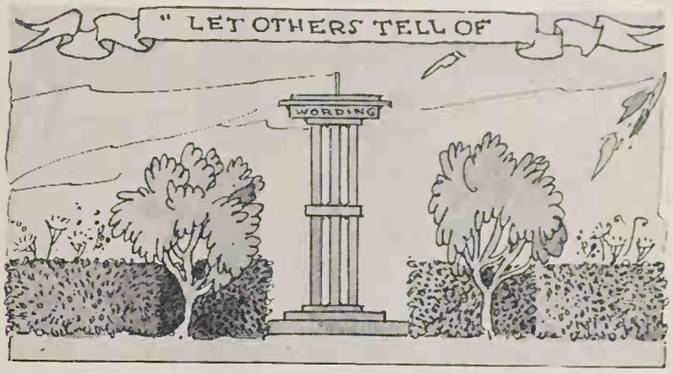


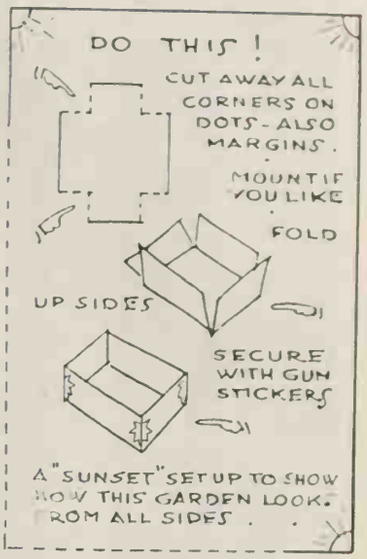
for a Sunset Garden

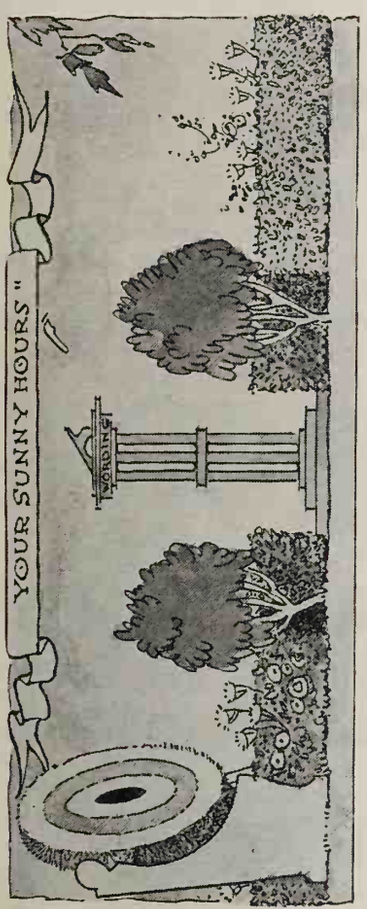
of Pictorial Planting Plans

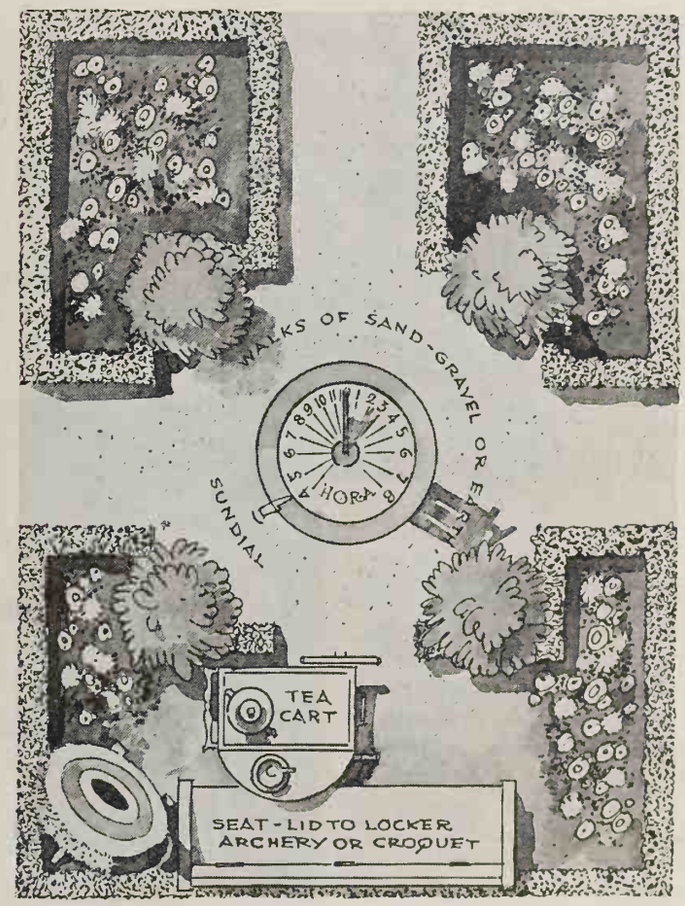
LEWIS ROTHE

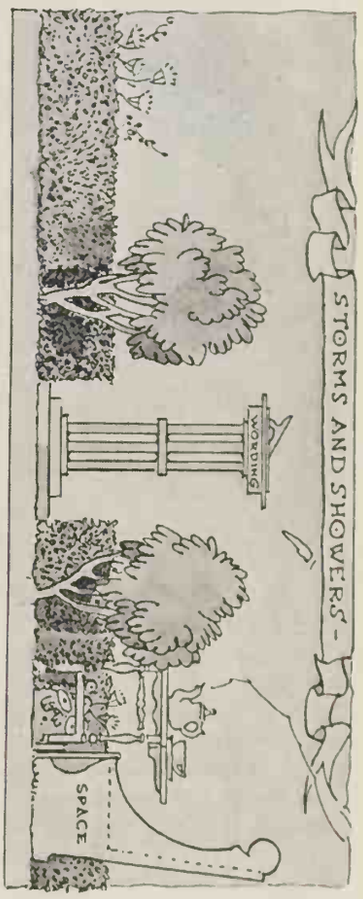
watch), and the next morning by the same means obtain the forenoon hour lines. In the same manner the hours could be subdivided into halves and quarters or less. If these brief directions for marking off the hour lines are not sufficient, refer to the June, 1933, issue of this magazine which carries complete directions for making a sundial for the western garden.

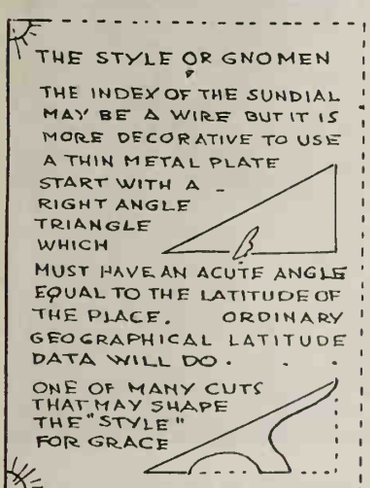


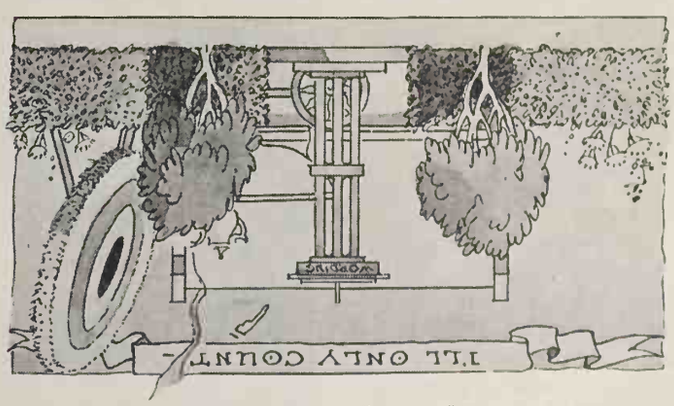

DO THIS !
CUT AWAY ALL CORNERS ON DOTS - ALSO MARGINS.
MOUNT IF YOU LIKE
FOLD
UP SIDES
SECURE WITH GUN STICKERS
A "SUNSET" SETUP TO SHOW HOW THIS GARDEN LOOKS FROM ALL SIDES



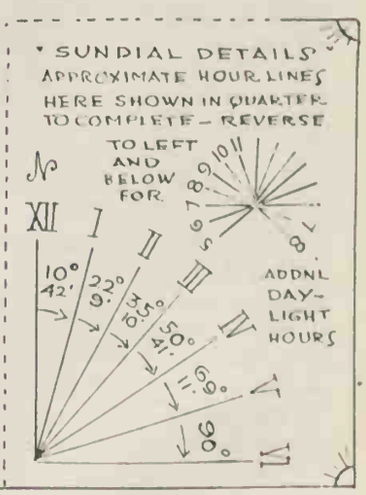


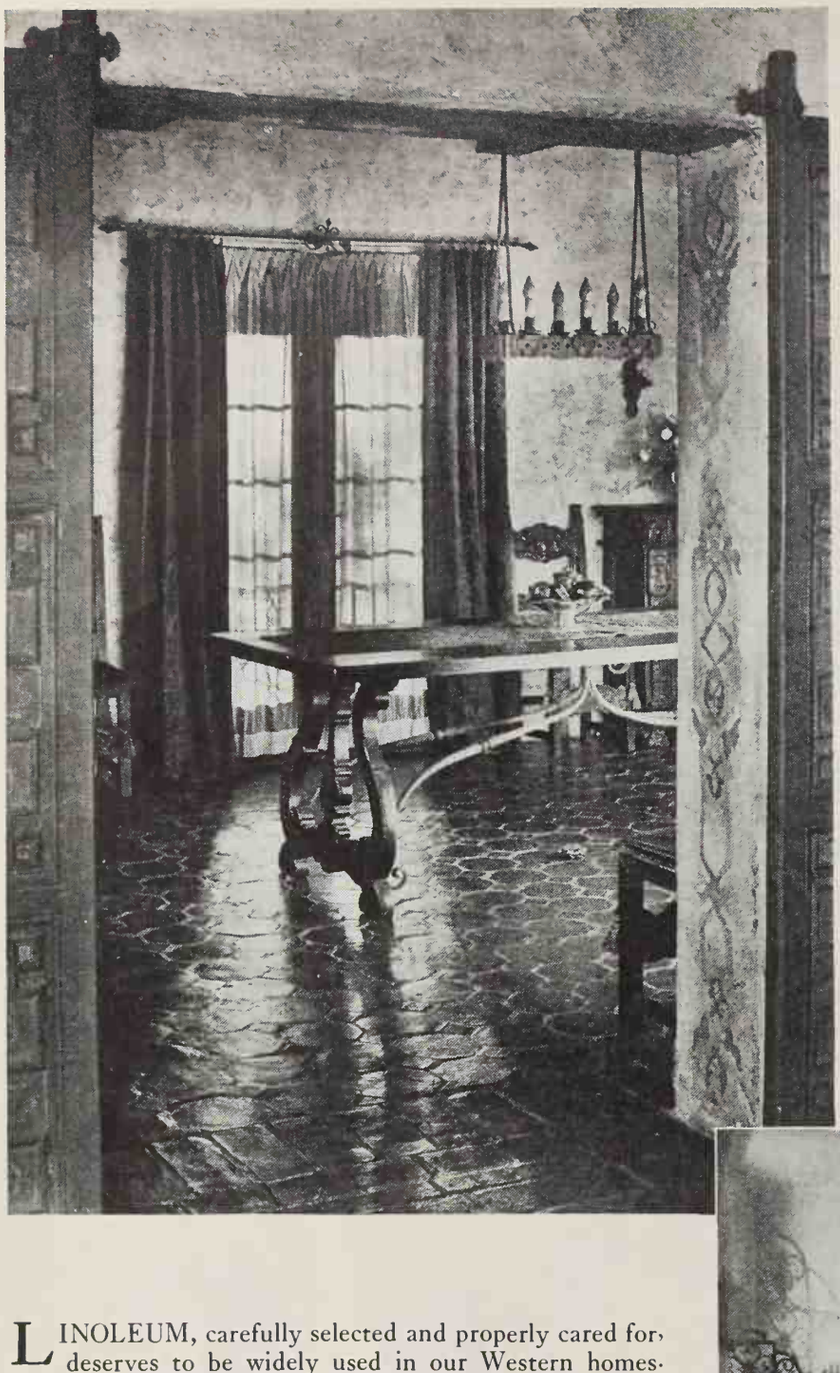



THE STYLE OR GNOMEN
THE INDEX OF THE SUNDIAL MAY BE A WIRE BUT IT IS MORE DECORATIVE TO USE A THIN METAL PLATE
START WITH A RIGHT ANGLE TRIANGLE WHICH
MUST HAVE AN ACUTE ANGLE EQUAL TO THE LATITUDE OF THE PLACE. ORDINARY GEOGRAPHICAL LATITUDE DATA WILL DO.
ONE OF MANY CUTS THAT MAY SHAPE THE "STYLE" FOR GRACE



THE ACCURATE FIXING OF THE "STYLE" UPON THE DIAL FACE DETERMINES THE ACCURACY AND VALUE OF THE SUNDIAL'S. READ THE TEXT FOR HELPFUL HINTS.





Consider Linoleum *for your* Western Home

says

EDGAR HARRISON WILEMAN

Inlaid linoleum in tile design, well waxed, makes a handsome foundation for practically any room in any type of home in the West

Showing an appropriate use of rugs on linoleum

LINOLEUM, carefully selected and properly cared for, deserves to be widely used in our Western homes. Not only is it in harmony with the Spanish and English architecture which predominates here in the West, but it is is in keeping with the SUNSET program of easy, efficient and modern housekeeping. Linoleum is inexpensive, practical and wear resistant. Particularly is it a happy solution in beach or desert homes where sand is being continually tracked into every room of the house.

In thinking of linoleum, however, we must get away from the commonplace patterns of a few years ago and think in terms of modern linoleums with their beautiful designs and striking color effects; even the methods of laying linoleum have changed. Let us look at some of the newer ideas in this satisfactory floor covering material!

There is, first of all, the perfectly plain linoleum, made in a wide range of colors, which makes a pleasant floor either by itself or with small scatter rugs. Very attractive designs may be inlaid into plain linoleum as may be seen in the illustration on the opposite page. Here compass points are inlaid in yellow, blue and red on a light brown background. It is especially suitable for a boy's room or may be used in the center of a living room at the beach. Where plain linoleum is considered undesirable because of footmarks the next best thing is the jaspé effect; this is a flecked pattern, self-colored and is perhaps a little more serviceable where a plain effect is needed, in certain rooms.

Plain and jaspé linoleums are more commonly used in bed-

rooms; tile patterns in the lighter colors are very suitable for kitchens and bathrooms, although here also individual preference must be taken into consideration.

Where a pattern is preferred, a small one should be selected for a small room. Large tile patterns are not correct in a tiny kitchen. A six-inch square black and white linoleum in a tile pattern is particularly smart in a breakfast room where it may be used as a foundation for table and chairs painted bone white in the new vogue. It permits the use of bright, clear colors in the draperies, in the upholstery of the chairs and in the tablecloths. From a linoleum having more than one color, the color scheme for a room must be worked out by using these colors in lighter tints for walls and woodwork.

Shall We Choose Printed or Inlaid?

Linoleum is of two types—printed and inlaid. Printed linoleum is less expensive but, on the other hand, wears off in time. In inlaid linoleum the design and colors go right through to the back, and, therefore, cannot wear off. Generally speaking, the printed linoleums lack the deep rich color of the inlaids. Other than this, no comparisons should be drawn for in the last analysis each must decide on the linoleum which best fits his needs and his pocketbook.

For a recreation room, linoleum is most practical, whether the game be billiards, ping-pong or athletic exercises. Moreover, refreshments served here do not damage the floor if spilled. In a child's room, a linoleum floor affords an even surface for building with blocks or running an electric train smoothly. At the same time, the room has color and is very easily cleaned. Somebody may say, "Linoleum shows dust and dirt so quickly;" surely that, in a child's room especially, is an asset. The dirt is there just the same whatever the floor covering. You see it on the linoleum floor and can know positively when the floor is clean enough for the child to play on.

In a sunroom, cane and wicker furniture are the usual furnishings and surely linoleum is an excellent background. It suits the texture and feeling of this informal living room and combines admirably with printed linens or other sunroom fabrics.

And for the breakfast room, where toast is made, where the children eat their meals, where certainly crumbs fall, linoleum is again a most practical floor covering.

Have Your Linoleum Well Laid

The old method of laying linoleum has long since been discontinued. Formerly the material was cut roughly to measure and then allowed to stretch for about two weeks when it was cut to fit the size of the room exactly and just left that way. Dust would collect under it around the edges and under the seams, then when it was washed, water seeped underneath and could not evaporate. It was thought unhealthful because of the mildew often seen when it was taken up. Today, linoleum is cemented right down to the floor—of concrete, composition or wood—so that it becomes an integral part of the floor. This makes it look and wear better and eliminates altogether the hollow sound that was objectionable. Naturally, this cementing is done only where the floor is to be covered entirely and, of course, the floor must be perfectly smooth before laying the linoleum. Warped boards must be planed, irregularities scraped off and cracks filled, otherwise these will show through and soon make worn places.

It is customary to introduce a layer of special felt lining—also cemented firmly in place—between the floor and the linoleum, which gives a better cementing surface and greater resilience. In kitchens and entrance halls, where frequent tracking makes the washing of linoleum floors necessary, a special linoleum lacquer may be applied occasionally. This will protect the surface and give new life to the colors. All linoleum floors are improved by using floor wax and its frequent use makes washing unnecessary in all but the places above mentioned. Do not attempt to apply the special lacquer or shellac over wax. Wax may, however, be used over the lacquer.

Rugs of any size may be used over a solid linoleum floor. This may be plain, jaspé, marbleized or with plank or tile patterns. Where several small rugs are used each one should be anchored down with special non-skid material. Otherwise, as is the case on a waxed hardwood floor, the rugs will slide around and prove dangerous to persons using the room.

Editor's Note.—Mr. Wileman, as Decorating Consultant of this magazine, is glad to answer your home furnishing questions. Write him about color schemes, room arrangement or whatever problems are bothering you, addressing your communications to Sunset, 1045 Sansome St., San Francisco.

PHOTOGRAPH, COURTESY OF THE PARAFFINE COMPANIES, INC.

A compass design inlaid in the jaspé linoleum floor of this boy's room helps to carry out the ship's cabin idea suggested by the double-decked bunks. At left, a linoleum floor being laid in the approved modern way

Grow Tigridias This Year

Urges

NORMAN DONALD MORSE
Yuba City, California

IF you are looking for color, vivid and free, to splash through the green of your SUNSET garden, *Tigridia pavonia grandiflora* will answer your quest and your prayer. Crimson and scarlet, flame-orange, pink-lavender, yellow and red, this lovely flower beggars description!

Tigridias are not hard to grow; neither do they require a great deal of attention. Simply cultivate them now and then and give them plenty of water. A little fertilizer at the start of blooming season is fine, but too much will cause the plants to grow lank and weak and loppy.

Native to Central America, tigridias require much the same treatment as their cousins, the bulbous iris. The growing seasons of iris and tigridia, however, are opposite. In other words bulbous iris grow through the winter and tigridias grow in summer.

When to Plant

Except in warm localities where they may be planted earlier, a good rule to follow is to plant tigridias when bulbous iris have finished their bloom. You can then replant your Dutch and Spanish iris when the first frost nips the tigridia tops.

During the growing season tigridias (or shell-lilies as some people prefer to call them) can be handled like gladiolus. It is not advisable, however, to cut the bloom stalk, for the buds—three to seven— are nested within the terminal sheath and do not blossom well in water. Then, too, additional bud-scales spring from the leaf axils of the main stem prolonging the floral display. To cut the one is to cut all.

Where temperatures range above 100 degrees, tigridias do best in partial shade. In any event where the sun's rays are brilliant some protection should be afforded the flowers from the afternoon heat. Flowers emerge from mature bulbs every third or fourth day.

The bulbs, which somewhat resemble large freesias, multiply by division. Under favorable conditions a strong bulb will divide from three to five times in a single season. If kept well watered the divisions will all throw blossom stalks of their own and flower profusely before the frosts of autumn come.

Digging the Bulbs

Digging should take place as soon as frost and chill nights yellow the foliage. Don't separate the bulb clusters unless they drop apart naturally, for to divide them in the fall and winter is very often disastrous. Tigridia bulbs, if injured by tearing apart, have not the inherent ability to heal themselves from within as do most other bulbs. Mould fungi entering through injured tissue will destroy the whole bulb in short order.

Storing of bulbs should be done in a dry, airy place. Preferably the bulbs are tied in bunches by the tops and hung up to cure. Rats and mice are very fond of them. Gophers, snails and potato bugs also enjoy the flavor of tigridias and, given the opportunity, will devastate the growing bulbs.

After curing, the bulbs are best stored in dry sand and securely covered against the aforementioned rodents. In mild climates this packing is not so necessary unless fog and dampness are prevalent.

To Kill the Aphis

Dry sawdust will do as well as sand for storing but beware of sawdust having a high degree of rosin and turpentine. Storing can be done in any wooden box, or in a clay flower pot if the number of bulbs is small. The bulbs should be examined once or twice during the winter and spring before planting, for tulip aphis occasionally get on them. Should you find the stored bulbs infested with these green plant lice, soak the bulbs overnight in strong soap suds to which has been added half a teaspoonful of nicotine sulphate to the gallon of liquid. If any of the lice survive this treatment, repeat the soaking in a few days but double the nicotine content of the soapsuds. This treatment is important.

Unless your soil is a good sandy-loam and the tigridias are planted in a warm situation, never leave them in the soil over winter for, being of tropical origin, they freeze more readily than do gladiolus bulbs. In the colder climates some people have wintered their tigridias outdoors by mulching plants with leaves, straw and rotted manure. The procedure is not advisable, however, since rodents of all kinds also like to winter in leaves and straw.

Although they do not seed profusely in our northern climate, tigridias grow readily from the seed. With good care and an early start, blooms can be had the first year. All will flower the second season. Most reliable seed houses carry tigridia seed in stock today.

Tigridias from Seed

While a little slow in coming up, even three-seasons-old-seed will germinate a high degree of plants. Soak the seed in warm water for forty-eight hours and plant right away. A shady location that can be kept reasonably damp and cool is best. After sowing, cover a quarter inch deep with sand, leaf-mold or sanded peat-moss and place a burlap sack over the bed or box to hold moisture. The seedlings should show up in five to six weeks.

Some growers, after soaking the seed mix it with damp sand and seal it in a glass fruit jar until the tiny rootlets show. The seed are then planted as above. This method has the advantage of beating the weeds by a month.

The tender seedlings must be shaded for the first two months of their existence or the sun will cook them before they get established. Lath frames or burlap sun shades two or three feet above the soil will do the trick. Construct the shelter so that you can water and weed underneath.

There are a number of other varieties of the tigridia but, in my opinion, their blooms are inferior to *Pavonia grandiflora's* regal majesty. They are, therefore, not included here. And what matters it that each flower lives but today? Tomorrow fresh faces will smile at the sun. Let's grow tigridias this year!

New Perennials for Sunset Gardens

By
SYDNEY B. MITCHELL
Sunset Garden Consultant

Pictured here are two new perennials—Primula malacoides with exquisite white flowers, and Lupinus polyphallus, a lupine with clear blue blossoms, free from purple shadings. Mr. Mitchell has not as yet reported on these two varieties but will do so in a later issue of this magazine

THE desire for novelty seems pretty well established in human beings and seems to increase with our civilization. We so tire of our food that otherwise honest women steal cook books from public libraries to hold the wandering affections of their male relatives by varying their diet. We so tire of where we are that we keep tearing around the country looking for change, meeting on the scenery the same nationally advertised brands, and if we go abroad for change inconsistently growling because we can't get our same old coffee for breakfast. We all change our styles of dress even when this is for the worse; most wives continually shift around the furniture in the living-room, and some people even want to change their wives or husbands.

A reasonably safe place to turn this desire for change is into the garden, and it is evident that most gardeners do just that. Many of them would annually wreck the place to "improve" it if every gardener didn't just naturally have a conservative partner who would like to find the paths in the same place two successive seasons and says so. But in plants this feeling for novelty and change is quite legitimate, progressive, and certainly does sustain interest. So now I will consider some of the newer and some of the less common perennials, some of which I couldn't have grown years ago because they didn't exist then, others whose attractions have belatedly appealed to me, like suddenly recognizing that the girl who lives next door is really very attractive but you just hadn't noticed it before.

Into this second class comes *Achillea filipendulina*, one of the yarrows, those tough plant citizens who can stand a depression and, in spite of drought and scanty food, produce their flat panicles of flowers with cheerful regularity. This one is really a giant, under good conditions, easily growing four or five feet high, with attractive cut foliage and stiff stems topped by very large heads of yellow flowers coming in midsummer and lasting for weeks either in the garden or cut and dried. The size and flatness of its panicles make it valuable in the design of the flower border, where contrast is often needed with the many tall spire-like perennials like larkspurs, hollyhocks and red-hot pokers. Get plants in spring or fall and divide them every few years as the clumps get woody and too closely matted.

In the conventional alphabetic order Aquilegias come next, though they are better known by their common name of columbines than by the botanical one. Here the importance of the strain cannot be overemphasized, as cheap seed mixtures tend to run to washed-out colors. When visiting the seed farms of Waller Franklin near Oceano last year I was impressed with the variety and clearness of the color in their best long spurred strain, not obtainable direct of them but through many seedsmen. My own trials last year included the English selection Crimson Star, which came remarkably true to color and description and pleased me well. Aquilegias are so easily raised from seed sown in flats that I prefer that cheaper way, even if it takes a year to get them big enough to make a good show. They dislike transplanting when well established, and do best here in half shade where they get occasional summer watering.

Of perennial asters much might be written, for they are constantly being improved and, if not showy as delphiniums are, still they are very valuable in the late summer border where their misty masses of blue, red-purple, pink or white flowers, large or small, have the effect of tying the border together if they are scattered in clumps through it. They look best in masses and the plants like to be divided and reset to single shoots every spring or two; they enjoy summer water and find partial shade quite agreeable. *Aster Frikartii*, with the large flowers derived from one of its parents, *A. amellus*, is tall and effective, a fine new thing already available on the coast. Soon we will doubtless have the pretty little dwarfs of eight inches or so originated in England recently, which are proving such a help there in making the rock garden gayer in late summer when it is often drab. Don't ask me where to get these here this year. Mine are coming from Vancouver, B. C., under permit.

I have long grown several campanulas,

Trials of A Sunset Gardener

(*Continued from page 17*)

of the tall ones chiefly *C. persicifolia*, but this year I fell for the attractions of the later summer-flowering *Campanula lactiflora* (syn., *C. celtifolia*), with its tall panicles of lovely blue flowers almost like a perennial phlox. It comes readily from seed and even flowers sparingly the first year if sown early, but is naturally better when older and established. Especially fine forms can be increased by rooting cuttings of the new shoots. This, too, will do well in partial shade, though mine in full sunshine seem quite happy with ordinary border conditions. Spring and early summer give us many dwarf rock garden campanulas, but in autumn when we need them most dependence must be on *C. isophylla*, with flat white flowers and shiny green leaves, and its blue variety *C. isophylla Mayii*, which has duller hairy foliage. Both these make lovely hanging curtains of flowers and foliage if planted on top of a wall. Mine were still in flower on December the seventh. This campanula is readily increased by cuttings of unbloomed stems.

Delphiniums and Dianthus

This is no place to write of delphiniums for the specialist but it will serve as an opportunity to draw to the notice of the average gardener that the erstwhile rather weak and sickly white forms of this grand perennial are, largely thanks to Mr. Barber of Oregon, being replaced by fine, more vigorous whites which can be grown as readily from seed as the blue larkspurs. Remember delphinium seed needs to be fresh, so sow it in early spring or after the new crop is ready in August. New members of the pink or dianthus family are always appearing. As I am now mainly considering border plants, let me suggest the variety Highland Queen as an exceptionally tall and robust variety, well able to take care of itself under ordinary conditions. Though varying a bit from seed, all the plants with me were single, dark, rosy reds on long stems. If you get an especially fine form you can root it readily from unflowered pieces. Our selections from the fourth letter of the alphabet will be completed with the native *Diplacus glutinosus*, really a subshrubby plant, but perhaps better treated as herbaceous in gardens where it is desired to keep it from getting too tall and raggy. This relative of the mimulus or monkey flower gives a wide variety of buff to orange flowers all summer and, in the southern California form *Diplacus glutinosus puniceus*, some lovely shades of wall flower red. It roots readily from cuttings, which will flower the same summer if taken early.

Years of trials have very definitely proven to me that here at least by far the most perennial and persistent of the candytufts is *Iberis sempervirens*, evergreen as its name indicates and especially valuable in either rock garden or border because it is covered with its pure white flowers from December through the winter, even eclipsing *Alyssum saxatile*, a good yellow companion, in this characteristic.

Tritomas and Montbretias

Kniphofias, more easily called tritomas, are the red-hot pokers which, planted in masses by themselves or as accent points at the rear of the border, give backbone to the design and glowing color in summer. I crave more of the kinds offered in England, but of those available here I can especially recommend W. F. Dreer, the robust variety planted each side of my front door (as illustrated in "From a Sunset Garden"), its tall red spikes showing up wonderfully against the white wall, but in Salbach's Gardens the great masses of it are equally effective with the dark background of my pines. It flowers in June. My second choice, a medium grower and great bloomer, suitable for a smaller garden or in the middle reaches of the garden, is the lovely red Pfitzeri. Of yellow varieties I like Burbank's best of those I have tried; it is tall and late with me.

Montbretias, best known here in the small-flowered forms which survive terrible neglect in old gardens, have of late years been wonderfully enlarged and improved in England. Several of these newer hybrids are now offered on the Pacific coast, but after trials of the half dozen claimed as being best I am satisfied that the variety His Majesty, yellow with fiery red margin, is easily first. It should be planted in early spring and given rich soil and summer watering if you expect it at its best. In California it is hardy and needs only be replanted every two or three years as it gets crowded. I really do not know a great deal about the potentillas or cinquefoils excepting that some of the herbaceous forms are terrible weeds and not worth the trouble they cause spreading by runners and seeds, but the newer variety Roxane, with apricot colored flowers and a dwarf, restrained growth, has just been given a place in my garden as worthy of trial.

As my garden is on a dry hillside, I generally try to forget moisture-loving herbaceous plants, but I have one damp spot and in it I have planted the most attractive globe flower I have met, *Trollius Ledebouri* Golden Queen, now available either in plants or seeds. Its large buttercup-shaped flowers are of quite as lovely a yellow as its name suggests.

Next month I hope to write of some of the newer or rarer shrubs of various kinds I have recently added to my garden.

★ ★ ★

In the patio garden of The Allied Arts Guild of California, in Palo Alto, California. This interesting art center, famous for its handicraft and architecture, is open at all times to the public. Sunset readers will find within these walls a wealth of ideas and suggestions that can be adapted to the western, particularly the Californian, home and garden

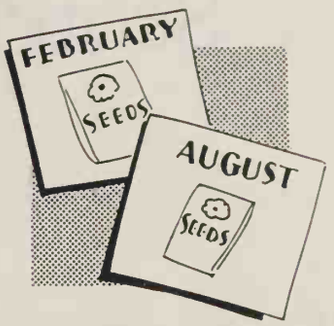
Cinerarias for the Pacific Coast

(A Garden Movie by Catherine J. Boyle, San Mateo, California)

1. For shaded spots in the garden or as potted plants for porch or patio, no flower is lovelier than the cineraria. Cinerarias come in a wide range of colors, blues, purples and crimsons, as well as many variations of these shades. The flowers are borne in trusses, rising above large leaves.

2. Generally speaking, most cinerarias are considered as annuals but in Coastal California the plant becomes semi-perennial. Under favorable conditions, the plants tend to reseed themselves, occupying the same place in the garden year after year. It is one plant that thrives under pines.

3. Many amateur gardeners prefer to buy plants of cinerarias, but it is not difficult to grow them from seeds. Plants can be purchased at practically any time of year. Be sure to buy the choicest of seeds and the finest of plants. Your garden catalogues will indicate varieties, colors, etc.



4. For late winter bloom, seed should be planted the preceding summer; for summer bloom, the preceding fall. Seeds planted now should bloom next August. From Marin County south the plants grow beautifully in the open without protection but they will not stand extremes of cold or heat.

5. Cineraria seed is very fine and great care must be used in planting. Sift together equal parts of peat moss, sand and rich loam, and fill shallow flats or seed pans. Level soil, press down firmly, and water thoroughly. Then sprinkle seed on surface as evenly as possible and press the soil lightly.

6. Do not cover seed with soil, but place pane of glass or a piece of wrapping paper over flat or pan; raise glass slightly at one side to admit air. At all times keep the surface of the soil moist but do not over water or the seedlings may damp off. Water with fine spray. Keep flat in shade.

7. When seedlings show a second pair of leaves, prick them out carefully into a larger flat, filled with light porous soil with plenty of leaf mold or peat. The root system of cinerarias is very shallow so keep young plants well watered. Transplant the tiny seedlings about two inches apart.

8. Do not transplant to the garden too quickly. Six to eight weeks growth is usually required to produce sturdy plants with sufficient root systems to withstand life in the open. If necessary transplant a second time into a larger flat. Remember that taller varieties make a coarse growth.

9. Give cinerarias happy surroundings in your garden. They love lush green vegetation and revel in ferns and other woodsy things beneath trees. Be sure that soil is rich, porous and acid. The more leaf mold and peat moss you add, the better. Pine needles provide a good acid condition.

10. Give your cinerarias plenty of water but do not water from the top when plant is in bloom. Each truss bears many blossoms and the weight of these, heavy with moisture, will break the stems. Do not plant within range of sprinklers. Cultivate lightly because of shallow roots.

11. Cinerarias are subject to leaf miner, a difficult pest to control; also to aphis, sow bugs, etc. Keep the plants growing vigorously at all times, spray regularly with an all-round garden spray and trap snails and sow bugs. As flowers die, cut them off to encourage another crop of lovely blooms.

12. Cinerarias are attractive when massed in beds or borders in combination with fuchsias, ferns, columbine, foxglove, violets, violas and primroses—all of which enjoy a semi-shaded situation. The blossom of the cineraria is lovely as a cut flower. Place loosely in a low container.

We Liked Our Scotch Holiday

Writes

PAUL MINTON

Rainbow Falls in the Sierra National Forest

THE past summer my wife and I made a hiking tour of the northern and central regions of the Sierra Nevada. We went into the mountains from Red Bluff, and visited Lassen Volcanic National Park, Lake Almanor, Lake Tahoe, Yosemite National Park, and came down out of the Sierra over the Big Oak Flat road to Stockton.

The entire trip occupied the thirty-four days between July 18 and August 21. We could have made the jaunt in less time but we preferred to travel leisurely as whim or fancy led. We hiked on an average twelve miles daily, though many days we covered more than twenty miles a day.

From a financial standpoint our walking tour was decidedly a "Scotch" holiday. During the five weeks we were on the trail, our groceries and incidentals cost us less than $20. The supplies and articles of equipment that we were obliged to purchase before setting out cost about $35. Thus the total cost of our excursion to Lassen, Almanor, Tahoe, and Yosemite was less than $55, since much of our equipment is good for several more such journeys.

We selected our luggage carefully in order to minimize both expense and weight, and we would make very few changes in the accompanying list. However, in place of the canvas shoes we would take bed-room slippers to wear evenings in camp, and would leave the hunting knife behind as it did not earn its passage. On our next knapsacking trip we hope to have a pair of field glasses and a couple of pneumatic pillows to add to our outfit. My wife carried a pack that ranged in weight between twenty and twenty-five pounds. My pack weighed between forty and fifty pounds depending on the amount of groceries we happened to have. These packs proved to be much less burdensome than we had anticipated.

Ten nights on our trip we camped alone in the forest wherever we could find a level spot, wood, water, and a safe place for a small fire. The rest of the time we camped in public camps; some were operated by the U. S. Forest Service, some by the U. S. Park Service, one by the State of California, and a few by private interests. Government camp grounds are numerous throughout the mountains and are accessible to motorists as well as to hikers. The Forest Service camps are supplied with fuel, water, tables, toilets, and sometimes stoves. The facilities are free but camp fire permits are required of campers using these grounds. The Park Service camps in the National Parks are similarly equipped and cared for, but no camp fire permits are required in them. The State Parks have excellent facilities but a small fee is charged.

While primarily on a hiking trip, we spent considerable time fishing and the trout we caught made a welcome extra on our menu. In the low Sierras between Lassen and Tahoe the fishing was poor, but southward of Lake Tahoe through Alpine county and on into and through Yosemite Park the fish were more plentiful and took flies greedily.

Considering the complete safety and the comparative ease with which we made this four-hundred-mile hike over mountain roads and trails, it is surprising that more people do not enjoy this sort of recreation. True, our feet blistered luxuriantly the first two weeks, my lips blistered during the same time, and occasionally mosquitoes annoyed us some. Friends who had freely predicted that we would be devoured by mountain lions or killed by rattlesnakes were much mistaken. We saw no signs of lions and the only rattlesnakes we saw were under lock and key in the Yosemite museum.

The people we encountered in the mountains were all of the sort that one enjoys meeting. The Rangers were courteous and helpful, the motorists were both curious and friendly, and the old timers in the Sierras claimed to envy us our alleged adventuring.

We consider the trip a success in every respect and look forward with greater zest to future knapsacking tours.

Editor's Note.—We are now in the market for personal experience vacation articles similar to those appearing on these two pages, so here is your chance to tell the world about your very best trip or most satisfactory camping tour. Keep your stories short. All articles published will be paid for (upon publication) at our regular manuscript rates.

Our Knapsacking Equipment

CLOTHING
(same for each of us):

Felt hat
Cotton polo shirt
Whipcord breeches
Leather belt
High boots—composition soles
Canvas shoes—rubber soles
Woolen boot socks
White cotton socks
Summer underwear
Woolen sweater
Bathing suit
Bandana handkerchief

COOKING UTENSILS
(mostly aluminum)

Frying pan
Stew pan
Quart canteen
Two cups
Two pie plates
Two forks
Two teaspoons
Hunting knife
Large spoon
Spatula
Can opener
Tea ball

GROCERIES
(not all these at once):

Dried fruit
Dried vegetables
Dried milk
Dried meat
Salt and pepper
Flour and sugar
Tea and cocoa
Butter or shortening
Rice and macaroni
Rolled oats and corn meal
Crackers and candy bars
Matches and soap
When available:
Fresh milk and eggs
Fresh bread and meat
Fresh fruit and vegetables

MISCELLANEOUS

20x24 in. pack sack
5x7 ft. shelter tent
Aluminum tent pegs
Waterproof sheet
Three woolen blankets
Toilet articles
First aid kit
Sewing kit
Colored glasses
Fishing tackle
Scout ax
Small pliers
Small flashlight
Small kodak
Note books and pencils
Maps and postal cards
Camp fire permit

Soda Springs Meadow, Minarets District was one of our favorite camping sites

And What a Good Vacation This Proved to Be

By
LEONORA PHILBROOK

Camping in the Sierra National Forest

ONE reason that we enjoyed our last summer's camping trip was because we started out with but a vague idea as to where we were going. Somewhere in the Sierra National Forest we wanted to camp and fish, but our plans were very indefinite concerning the exact location.

Although the principal entrance to this forest is by way of the San Joaquin Valley through Fresno, Merced, or Mariposa, we planned to slip in by the back door through the Owen's Valley to a region which until recently has been reached only by pack.

Having heard of the many resorts, lakes, and fishing streams in the Owen's Valley we decided to leave Los Angeles and go through Mojave, Little Lake, Lone Pine, and Bishop, not going any farther north than Mono Lake. Somewhere in this extensive district we would pitch our tent and try our luck at fishing.

We loaded our machine with camp supplies, fishing equipment, first aid outfit, not forgetting to take along the axe and shovel required by law. As we had been annoyed by mosquitoes on previous trips we took a preparation to keep them away, and used it freely, with splendid results, more than once on the trip.

Just as we were leaving my husband thought of a water pail and insisted upon purchasing one. At the time I thought that we could get along without one, but later when our motor boiled on mountain grades I decided that it was indispensable. In fact, more than once we loaned it to motorists who were looking around helplessly for something with which to fill their steaming radiators, and who seemed to be on the verge of using their hats.

As we have disliked some camping trips because of a monotonous diet with insufficient fruit and vegetables, I used a little more foresight this time and took along a plentiful supply of canned vegetables as well as meat and milk. I purchased a large sack of freshly picked oranges that would last for weeks, and several pounds of green pears which would ripen quickly. This fruit was refreshing upon many occasions, especially on long hikes. We quenched our almost continual thirst on the Mojave desert with oranges, when it was impractical to make frequent stops for water.

There are many prepared waffle and pancake flours on the market, and the package we took provided us with many delicious breakfasts. Ham and eggs, beans, canned tongue, corned beef, and fish furnished us with protein variety.

Among the little accessories that came in handy were a few clothes pins. Not only were we able to hang up wet clothes on an improvised clothes line, but when a sudden cold wind blew in our tent in the middle of the night the tent flaps could be quickly fastened.

As an experiment we took with us a small ice-chest, hoping that we might be able to get ice on the way. To our delight we found that the 10 lb. piece we bought in Los Angeles lasted almost 24 hours, although we traveled through the hot Mojave desert. When camping we kept perishables in the cold water of the creek. I can think of no other article we had with us that contributed so much to our comfort as this small 8x10x18 in. refrigerator.

It is hard to believe that one could secure ice on such a trip, but we learned that ingenious store-keepers had made artificial ponds from the creek water which served a double purpose. In the winter ice is cut and stored in ice-houses while in the summer disappointed fishermen can catch a mess of trout from these lakes (for the sum of seven trout for a dollar.) Those who were taking a catch of trout back to the city stopped to have their fish packed in ice at these places.

A delightful place to eat a picnic lunch is at Red Rock Canyon, located a few miles north of Mojave. Leaving Los Angeles in the early afternoon we arrived there by sunset and a gorgeous sight met our eyes. Beautiful red rocks towered high above us, while in the background the sky was aflame with golden pink clouds.

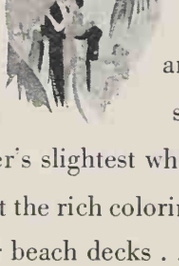
As night was approaching and we were anxious to camp we hurried on and in a few hours pitched our tent by the

Of course there was good fishing! Here is Betty with one of our breakfasts

S. S. LURLINE · S. S. MARIPOSA · S. S. MONTEREY · S. S. MALOLO

HAWAII · SAMOA · FIJI · SOUTH SEAS · NEW ZEALAND · AUSTRALIA

Hawaii



The age of steel achieves a group of masterpieces in the "Lurline", "Mariposa", "Monterey" and "Malolo", and travel scales new heights of perfection. + + Into their structure has gone every provision for anticipating the sea-farer's slightest whim . . . into their furnishings and decoration has been wrought the rich coloring of the lands they serve. + + Hawaiian languor lolls on their beach decks . . . South Sea romance lurks in a hundred corners, and ripens on broad patches of moonlit promenades . . . in scores of athletic games Fiji romps for sheer love of living. + + America is there, too, with its love of elegant dining, smart night-club gaiety, and bright assemblage in brilliant salons. + + Pacific Travel in a new de luxe edition . . . an exquisite color plate for each day at sea . . . the prize volume for any select library of travel. *Priced for the modest purse.*

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Owen's river. We had trout for breakfast next morning which were caught a few feet from the door of our tent. Our six-year-old daughter Betty, with the help of a fly-swatter, caught the grasshoppers we used for bait.

In the next few days we visited Mammoth Lakes, and from there went to Minaret Summit (altitude 9,300 feet) taking a road down to Reds Meadows where we camped a week. Although the automobile road is a comparatively new one, we found many campers distributed in Reds Meadows, Pumice Flats, and Agnew Meadows—all delightful camping spots.

The United States Forest Service has provided many public camp grounds all through this region. Camp sites are furnished with stoves, picnic tables, toilet facilities, wood, and garbage cans. Just a short distance from our camp was a hot springs, and one could take a shower or a plunge into a small swimming pool. These baths had been provided by the Forest Service for the comfort of campers.

The ranger and his charming wife were glad to give us all the desired information in regard to places of interest, location of trails and pack routes, etc. They gave us some splendid maps of the country, also.

Before leaving this part of the Sierra National Forest we visited Rainbow Falls (just at noon when the rainbow is brightest.) We saw the Devils Post Pile with its peculiar rock formation, Soda Springs, and the Earthquake Fault. We were able to see these natural wonders of the Sierras by hiking only a few miles up pleasant mountain trails. As we had our small daughter with us we were glad that these places were so accessible.

From one who almost disliked camping, I find that this trip has changed me into an enthusiastic camper. Thanks to the U. S. F. S. we enjoyed many comforts we did not expect on a camping trip. With the exception of what was spent for gasoline, we hiked, camped, fished, and saw the wonders of the Sierra National Forest for almost nothing. It was an inexpensive vacation, but the most enjoyable one we ever had.

The Ferry

A country woman, stolid,
And comfortably stout,
The ferry plods between two wharves,
Turn and turn about.
Oblivious of traffic,
Without regard to weather,
She knits her way across the bay,
Knotting towns together.
Other ships go steaming
To foreign ports of call—
The ferry is content to be
Provincial.

—Ethel Romig Fuller.

Sunset Travel and Recreation

Five Pages Devoted to Vacations and Week-End Trips for Sunset Readers - - Everything From Winter Sports to World Cruises

Conducted By
HELGA IVERSEN

BETWEEN snow sport meetings, movie reels, and ski clothes fashion shows, we are all excited about winter sports again this month, and we can't resist talking about it! The snow is deep and slick in February, the air crisp and clear, and ski-ing and other winter sports are at their best. If you don't want to miss one of life's thrills, pack up and get yourself away to the snow this very weekend. Booklets on snow sport areas of Sunset Land are available for a three-cent stamp. Whether you want clothing suggestions, maps, time tables or general information, write us post haste before the snow is gone from those hills.

The photograph on this page gives a glimpse of a typical Sunday afternoon of winter sports on Mt. Rainier, where residents of the Puget Sound country disport themselves on weekends. Each mountain from Grouse to Hood and Three Sisters, as well as the Olympic Peninsula, offers similar sports, and is accessible over good roads. Visitors to the Northwest in February will want to see the famous down hill races from McClure's Rock to Paradise Valley at Rainier on Washington's Birthday.

California ski-ers will be glad to know that the Mariposa Grove of Big Trees in the Yosemite region will be accessible this winter. The road has usually been open during summer only, but with new snow plough equipment, the 35 miles between Yosemite and the Mariposa Grove will be clear to traffic. This new road opens up the splendid ski slopes in the Chinquapin area (5000 to 7000 feet), but a half hour drive from the floor of the valley. Write the Travel Department for folders on winter accommodations in Yosemite Valley.

Summer-in-Winter Playgrounds

IF you find it difficult to fit your time into the regulation winter cruises let us help you plan an independent trip to a summer-in-winter playground.

Hawaii, the all year resort, is accessible in two weeks minimum time for the round trip from Pacific Coast ports. It may be winter according to our thermometers, but it is summer in Australia and New Zealand—flowers and desert plants are blooming, the fragrance of Australian acacia is on the air, sportsmen have stored their skis and winter woolies in exchange for rod and reel, and yachting is in full swing. All this is only three weeks from the Pacific Coast. All expense tours, to include the South Seas en route, have been reduced. Or if you prefer to concentrate on the South Seas, Papeete is only 10 days from the mainland, and Pago Pago 12 days. Frequent steamer service make these ports convenient stopovers.

Panama is another all year haven for winter tourists in search of sunshine. Reached by four regular passenger lines and numerous foreign freighter lines, the round trip can be made in as little as three weeks. If you are looking for va-

SUMMER FARES TO THE Orient THAT MAKE NEWS!

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Los Angeles	$465	$292	$390	$210

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1404-4th Ave.

Portland Agt.
Powell Shipping Co., 407 Railway Exchange Bldg

SUNSET Travel and Recreation

(*Continued from page 23*)

riety, then sail down to the Canal Zone and to Havana, connecting with another ship for New Orleans, and return to your home city by rail. This is convenient in three weeks also—at a little over $300.

Write the Travel Service Department (enclosing a stamped, self-addressed large envelope) if you wish further details on these trips. Let us know when you wish to sail, how long you wish to be gone, and approximately how much you wish to spend.

To Jamaica

THE Island of Beauty—Jamaica—has been a name to us of Sunset Land long enough. The West Indies as a whole have been too far off the course to be practical of access, but a recent announcement tells of a weekly service on fine tropical ships from San Francisco and Los Angeles to the Caribbean. With a month to spend, an interesting round trip tour can be made from these ports to include Balboa, Cristobal (with time for sightseeing in the Canal Zone), and Kingston, the capital city of Jamaica. The tours allow three days in this city, and four days of bathing, hiking, horseback riding, at Montego, reached by rail from Kingston. On the return trip by boat from Kingston a stop is made at Puerto Colombia, and a full day is allowed at Cartagena before reaching the Canal Zone. Puerto Armuelles on the West Coast is an added port of call on the return journey, and plans have been made to take tour parties, during the stopover in that port, on a short trip into the heart of the jungle. The tour rate of $380 covers the entire trip of 34 days, including all possible expense. Write for an illustrated folder.

The Grand Canyon in Winter

Travel Editor, Sunset Magazine:

Will you please send me literature on the Grand Canyon. Is it open this time of year, and would you recommend trying to make the trip by automobile, or is it best by train? Are there any hotels there and are they open now?—E. S., San Francisco, California.

The south rim of the Grand Canyon is open the year around—days are sunny and warm, and nights are chilly. You will find snow along the rim of the canyon in mid-winter. Hotel and cottage accommodations are also open the year around, and a booklet giving rates of both types of accommodations has been sent to you, as well as literature on the Grand Canyon. Making the trip by automobile or train is entirely a personal matter, it seems to us. The roads are good the year around should you choose to motor. Rail connections to the canyon are very convenient, for Pullman trains run right to El Tovar, the lovely hotel on the rim. No change of trains is necessary. Literature has been sent on the rail trip, and road maps for your convenience if you decide to motor.

Visit Kilauea

THE sudden eruption of Mauna Loa on the Island of Hawaii is not new news. By the time the information gets into press and you have decided to "go see," the eruption is over, and all is quiet on the crater rim. But Kilauea—there's a dependable volcano. Also on the Island of Hawaii, this volcano is reached by overnight steamer from Honolulu, or in a few hours by air. Kilauea is in the Hawaii National Park, at an elevation of 4,000 feet, and is one of the major tourist attractions of a trip to Hawaii. Its eruptions are harmless, they last for years, the crater is easily accessible over good roads, and a tourist hotel provides necessary comforts. The fire pit at Halemaumau is a particularly impressive sight, as are the Lava Tubes, and a trip to Kilauea should not be omitted from the itinerary of your trip. It is probably the only tourist volcano in existence, and a sight never to be forgotten. All inclusive tours to Hawaii list this trip on the itinerary at moderate cost.

South America

Travel Editor, Sunset Magazine:

Will you please tell me where to get information about an inexpensive trip to Montevideo, Uruguay. Information as to climate in March, sightseeing trips, steamer service, etc., will be appreciated.—H. C., Lebanon, Oregon.

Portland will be your logical point of embarkation, and the passenger-freighter type of ship that sails down the West Coast to the Canal and then to Montevideo provide an inexpensive means of transportation. The one way fare from Portland to Montevideo is $225; round trip $425, in addition to a five dollar U. S. tax. Literature has been sent to you on this steamship service. March is the fall of the year in South America, their seasons being the reverse of ours, and you should find March a very enjoyable time from the climatic point of view. Montevideo, some three centuries old, is the capital of Uruguay, and is a thriving city of over 700,000 population. Being the chief rail center, trips are available to many points of interest

to SOUTH AMERICA

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SOUTH SEA MAGIC

AUSTRALIA

Distance dissolves in the glamor of the South Seas ★ ★ in the color of Eden-like isles ★ ★ Hawaii ★ ★ Tahiti ★ ★ Samoa ★ ★ Raratonga ★ ★ Fiji ★ ★ New Zealand ★ ★ spread like stepping-stones across the silken Pacific. Each interlude is a fascinating immersion in primitive South Sea abandon that dedicates each day to music, feasting and langorous pagan happiness. Then — Australia, amazing Continent of Contradictions.

Here under the Southern Cross is a new and vigorous nation. Here are brilliant cities ★ ★ and stone-age aborigines. Here modern motor roads cross the trails of living prehistoric creatures. Here is a country with every range of climate ★ ★ blue-swathed mountains ★ ★ sun-sprayed beaches. And here is a kindred people whose sympathetic understanding reserves for Americans a singularly warm-hearted welcome.

Three interesting gateways—San Francisco, Los Angeles, Vancouver, B.C.—contribute to Australia's accessibility. For descriptive literature address Room 607 H.

AUSTRALIAN
National Travel Association
A Non-Profit Community Organization
114 SANSOME STREET, SAN FRANCISCO, CALIF.

trout; and giant forests—an area that has long been the haven of hikers and pack trip-ers. At present it is possible to drive only a little farther than Camp Nelson and Quaking Aspen Meadows. The remaining 40 miles between that point and Lone Pine will be finished shortly.

TRAVEL SERVICE DEPARTMENT
(This service is gratis to Sunset readers)

DID you find the travel suggestion that hit your fancy in these columns? If not, write to the Travel Service Department of SUNSET for full information and helpful ideas on other places of interest for your trip this year. Last-minute information about rates and routes, colorful side trips, stopping places, and the how, when and where of steamship, rail, motor-coach, air or automobile travel will be sent promptly. Every inquiry is answered with a personal reply. Enclose a three-cent stamp with your inquiry. Let Sunset Travel Service help you plan your trip!

Out-of-Doors

With J. P. CUENIN

IT is the opinion of many successful anglers that plain, uncolored gut is better for leaders than that which is tinted. The main purpose of the leader is to make invisible that part of the gear connecting the lure to the line, and untinted gut, being more transparent than that which is colored, seems to me to be best.

While many of the good leaders are sold in a "mist" color, with the idea that this tint would not be seen so easily by a fish beneath the leader, if color is used at all I favor a greenish tint because that might make a suspicious fish believe the leader to be a thin strand of grass. At any rate, fish see many waving strands of long water grasses and mosses and they should not be frightened by a greenish leader.

If an angler is satisfied that tinted leaders are better than plain, those who wish to tint the gut can obtain a greenish shade by soaking the leader in strong green tea. A mist color can be had by using ordinary ink diluted with water, and plain leaders can be made brown for use in slightly muddied streams by using strong coffee.

The leaders are allowed to remain in the solution until the desired density of color is obtained.

Many hunters who are not real "gun-cranks" do not care for their guns properly. At the end of each hunting season those who are careless lay their guns aside and never give them a thought

(*Continued on page 43*)

Sail Sheltered Seas with me to

Alaska

this year

"TOGETHER we will visit a vacationland of amazing contrasts...where massive glaciers offer living evidence of a prehistoric age...where giant flowers bloom in the midnight sun. We will learn strange totem lore, visit quaint, picturesque towns, steeped in the adventure of gold-mad '98.

"We will cruise the sheltered Inside Passage, protected by towering mountains rising sheer from the water's edge. Here an ever-changing scenic panorama will unfold before our eyes, hourly adding new delights to a really different vacation."

See mighty Columbia Glacier hurling tons of ice into the sea!

Visit America's last frontier, golden land of adventure!

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The Alaska Line—is the All-American Route to Alaska, and the only steamship line serving ALL of Alaska. Well-appointed ships of world-famous cuisine—first class as low as $80.00 for the 11-day cruise from Seattle. Mail coupon below and let The Alaska Line tell you more about this fascinating vacationland.

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KEEN FOR HIS JOB AGAIN

BOB: I don't know Ma . . . I just can't seem to do good office work any more.

MOTHER: Something must be wrong, Bobby. Why don't you see Doctor Rowe?

BOB: You say I'm constipated, Doctor—and I need bran for bulk?

DOCTOR: Yes . . . try Post's 40% Bran Flakes. It's delicious . . . *and* good for you!

BOB: The doctor's right, Ma! This is the best-tasting breakfast food I've ever tried!

MOTHER: Yes, and it's doing you good! And so *delicious*—I love it, too!

BOSS: I was worried about you for awhile. But you're getting ahead fast, now!

BOB: Thank you, sir! (*To himself:* And thank Post's 40% Bran Flakes, too!)

HERE—IN ONE DELICIOUS CEREAL

BRAN for benefits you need . . . OTHER PARTS of Wheat for flavor you'll love

POST'S 40% BRAN FLAKES contains 40% bran for bulk most people need to keep food moving along the intestinal tract . . . to help ward off constipation due to insufficient bulk in the diet. But—it contains *other parts of wheat, too.*

And in this combination of bran and other parts of wheat is the secret of its marvelous flavor. And of its high nutritive value . . . its rich content of phosphorus, iron and its precious Vitamin B.

So eat Post's 40% Bran Flakes regularly. You'll love it! And it costs so little. Your grocer has it—a product of General Foods.

© G. F. Corp., 1933

POST'S 40% BRAN FLAKES

A Country Home

(*Continued from page 9*)

Perhaps a word as to the design and material of the house would be of interest. The house appears large and rather expensive, but by careful planning, utilizing inexpensive materials in a simple manner, the house could be built at a reasonable figure. To do this, we decided at the start to have wood predominate. To further our desire for the rustic, we planned a small portion of the living room and den walls, along with the massive chimney to be of fieldstone. The rest of the walls and all partitions are of wood. For pleasing variety and texture our floors are mostly of wide planks, with certain rooms floored with flagstones. Wood shingle roofs have been planned. Exceedingly beautiful textures may also be had with slate and shingle tile. On the exterior we have left our vertical redwood boards natural to weather a rich dark brown. Knotty pine and redwood predominate in the interior, with the bathrooms and kitchen of tile and plaster. All beams and finishes shall be such that no harsh newness and stark reality of a machine age will be noticeable.

In both exterior and interior, simplicity is the keynote. With this in mind, the furniture and furnishings should be kept simple and harmonious. The exterior design presents a picturesque quaintness, with its beautiful roof lines, perfect blending of materials and rugged chimneys. The eave lines are kept low so the house seems to fairly grow from the ground.

Editor's Note—We of SUNSET Magazine contend that every home should be planned by an architect and to meet the specific needs of the family which is to occupy the house. For that reason we rarely offer house plans for sale through the columns of this magazine. The house as pictured and described here is simply to offer you suggestions and ideas to be incorporated in your own house of dreams. Anyone wishing, however, to get in touch with Howard T. Shaw, the architect, may write him at San Diego.

---

to use some strong cleanser or disinfectant and scald out all flower vases and holders before shelving them. A mere rinsing leaves them in a condition to stagger the fresh flowers next put into them. Few persons realize this to be one of the chief reasons for cut flowers fading too soon.—D. C.

Western Foods and Housekeeping

Nine Pages of Household Helpfulness

Edited By
GENEVIEVE A. CALLAHAN

HERE are nine pages devoted to the various phases of one big subject—western homemaking. Starting in the kitchen, where so much of the soul as well as the physical side of homemaking does begin, we shall in this department, as the months go along, examine a good many household and family problems and possibilities, and see what really original thinking and planning can do for us.

Speaking of kitchens, have you ever gone into one in your life that you did not learn some clever trick that you immediately carried home and put into practice?

Take this corner of Marion Davies' kitchen, pictured above. Not many of us would have use for a workshop of such a grand scale, but we can see a good many features in this one photograph that we might well adopt in our own "studios." That hooded light immediately above the sink, for example; not a one of us but could have well-lighted dish pans if we made up our minds to have them. It may take a little maneuvering to get the man of the house really started on the project of a neat extension wire over to the proper spot, but with patience and plum pudding much can be achieved.

That double sink is a good idea, too, with its swinging faucet in which hot and cold water are mixed to the desired temperature. The ventilated cabinet above the sink, too, which I presume houses soap flakes, cleansers, brushes and such, is another excellent feature.

Most noteworthy, to my way of thinking, however, are the rounded cabinet and work-shelf beside the sink. How many black and blue spots are thus avoided!

The open corner shelves can be copied in ever so many kitchens. Have you a bit of waste space in some corner? Then get some open shelves built in, and proceed to use them. You may like simply to display some attractive pitchers on them, as in the kitchen pictured; or you may prefer to devote them to some definite purpose, such as the storage and display of flower bowls and vases.

If you have a new kitchen, or an old one, with clever touches that you think other Sunset homemakers would like to know about, write and describe them to me, won't you? Let's make this department hum with practical originality. If two heads are better than one, what about putting our 200,000 heads together, and just seeing what happens. This is an invitation to *you*.—G. A. C.

French Fried Cauliflower
Cook cauliflower until barely tender
Drop into ice water to cool; drain well
Coat each floret thoroughly with beaten egg
Roll in fine crumbs, coating well
Fry in deep, hot fat until golden brown

The Kitchen

TRADEMARK REGISTERED.

These recipes are designed to be clipped and mounted on cards for your recipe file or they may be pasted in your cooking scrap book

French Fried Cauliflower

(*Illustrated on this page*)

1 medium-sized head of cauliflower
2 small or 1 large egg, beaten slightly
About 2 cupfuls of fine bread crumbs or cracker crumbs
Salt and pepper to taste

Break the cauliflower into attractive sections, and cook uncovered in rapidly boiling salted water until barely tender, not falling apart. Remove from the pan and let cool. (The florets may be dropped into ice water immediately upon being removed from the boiling water, in order to stop cooking, then drained well.) Add salt and pepper to the beaten egg. Roll each section of cauliflower in the beaten egg until it is very well coated, then in the crumbs, and fry in deep hot fat (390°) until golden brown. Drain on absorbent paper, and serve very hot. This is delicious and different, and especially appealing at this time of year, when this vegetable is plentiful in the markets.—Mrs. C. W., Long Beach, California.

Shrimp in Green Peppers

6 green peppers
1 can of shrimps, drained and with black vein removed
1 tablespoonful of butter
½ teaspoonful each of nutmeg, mustard, and celery salt
1 egg
½ cupful of bread crumbs
Salt and pepper

A TANTALIZING SUPPER

*Shrimp in Green Peppers
Head Lettuce with Thousand Island Dressing
Hot Biscuits — Jam
Sweet Pickle Relish
Date Nut Cake — Coffee

Cut off stem ends of peppers, remove seeds and veins, and let stand in cold water for half an hour. Soften the butter, and beat in the seasonings and the egg; add the bread crumbs and shrimps, and mix well. Drain the peppers, fill with the stuffing, set into a baking pan and cover with the tops of the peppers. Bake in a hot oven (425 degrees) for 20 minutes. These are good for luncheon or supper.—Mrs. O. A. W., Portland, Oregon.

Swedish Baked Apples

ATTRACTIVE LUNCHEON-ON-A-PLATE

Creamed Chicken in Rosettes
Buttered Green Peas
Cranberry and Orange Relish in Lettuce Cups
Hot Cheese Biscuits — Pickled Figs
*Swedish Baked Apples
Coffee

Select 5 large eating apples, peel and core them. Beat the yolk of an egg with 1 to 2 tablespoonfuls of cream, and coat the apples well with this. Roll 6 or 7 graham crackers fine, and cover the apples with the crumbs. Place in a baking dish, and fill centers with a mixture of ½ cupful of chopped walnuts and 5 marshmallows cut small; put a dot of any preferred jam in each apple, and a dot of butter on top. In the bottom of the baking pan place about ½ cupful of brown sugar and 1 cupful of water. Bake in a slow oven (350 degrees), basting several times while baking. When the apples are tender, beat the egg white with 1 tablespoonful of sugar until fairly stiff, put a portion on top of each apple, and put back into the oven until the meringue is slightly browned. Serve cold, with or without whipped cream, garnishing each apple with a Maraschino cherry. This makes a very attractive dessert for a luncheon.—Mrs. P. M., San Jose, California.

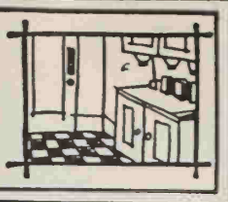
Sunday Night Supper Sandwich

MIGHTY GOOD

*Sunday Night Supper Sandwiches
Pickled Figs — Crisp Celery
Frozen Fruit Pudding — Coffee

For each sandwich allow 2 buttered slices of white or wholewheat bread; cover one slice with American cheese, the other with a slice of boiled ham, and place under the broiler until the cheese is soft and the ham warm. Put the two together and toast the sandwich on both sides to a delicate brown; serve hot, with pickled figs or quinces, and plenty of delicious coffee.—Mrs. E. S. F., Santa Monica, California.

Cabinet ~



U. S. PATENT OFFICE

Will you share your favorite recipes with other Sunset readers? $1 is paid for every recipe published. Address The Kitchen Cabinet, Sunset Magazine, San Francisco

Red Cherry Jell

(Illustrated on this page)

1 pint of pitted pie cherries (canned)
1 package of lemon flavored gelatine
1 cupful of chopped celery
1 small bottle of stuffed olives
½ cupful of broken black walnut kernels, or pecans

Drain the cherries, add enough water to the juice to make 1 pint, and heat until hot but not boiling. Dissolve the prepared gelatine in this, stirring well. Set into a pan of ice water to hasten chilling if desired. When it begins to thicken, fold in the cherries, sliced olives, celery, and nuts. Mold and chill. Serve turned out in lettuce cups on beds of shredded lettuce, and top with fruit dressing.—E. J. C., Mt. Vernon, Washington.

Stuffed Beets De Luxe

Cut a slice off the bottoms of whole canned beets (medium or large size) so that they will stand straight. Scoop out the centers, and mix the part taken out with a rather thick, rich, well-seasoned cream sauce, and a few walnut kernels chopped coarse. Fill the centers with this mixture, place on an oiled baking sheet, and keep in the refrigerator ready to be heated just before serving. These are unusually good and pretty for any holiday or party luncheon or dinner.—Mrs. J. E. C., Chowchilla, California.

A SIMPLE PARTY LUNCHEON

Consomme with Crisp Pretzels
Currant Jelly Olives
Pickle Relish
Southern Batter Chicken
(boned pieces of chicken dipped into a batter and fried in deep fat)
*Stuffed Beets De Luxe
Spoon Bread
Lemon Sherbet Angel Food Cake
Coffee
Mixed Nuts Mints

Mexican Lamb with Fried Mush

Remove surplus fat from 2 pounds of neck or breast of lamb, and cut into small sections. Brown the pieces of meat in a small amount of fat in a frying pan, then add

¾ cupful of chili sauce
1 minced onion
8 sliced olives
2 cupfuls of boiling water

Simmer slowly for an hour, then thicken the gravy with a tablespoonful of flour mixed to a thin paste with water. Have ready a breadpan of chilled cornmeal mush (1 cupful of cornmeal stirred into 3 cupfuls of boiling salted water, and cooked until very thick, then poured into an oiled bread pan and cooled). Slice the cold mush fairly thin, and fry in hot fat until golden brown on both sides. Pour the Mexican Lamb in the center of a platter, surround with the slices of fried mush, sprinkle all with grated cheese, and garnish with parsley and thin slices of lemon. —L. E. McG., Arcata, California.

A PRETTY PLATTER DINNER

*Mexican Lamb with Fried Mush
Currant Jelly Spinach
Bran Muffins
Lettuce Salad
Orange Tapioca Cup Cakes
Coffee

Butterscotch Sauce

This is a delicious sauce for ice cream or sponge cake or any simple dessert that needs a sauce. It may be kept for some time in a refrigerator, and reheated just before using. It calls for:

1¼ cupfuls of brown sugar
⅔ cupful of corn syrup (light or dark)
4 tablespoonfuls of butter
⅜ cupful of heavy cream
⅜ cupful of milk

Cook the sugar, corn syrup, and butter slowly together until it forms a soft ball when tested in cold water, then stir in the cream and milk. Cool, and store in refrigerator until ready to use, then heat over hot water and serve hot on ice cream.—Mrs. J. C. H., Fresno, California.

REFRESHMENT FOR BRIDGE CLUB

Ice Cream Cake Sandwich with
*Hot Butterscotch Sauce
Salted Nuts Coffee

Red Cherry Jell
Drain cherries, add water to make one pint; heat ~
Pour over lemon flavored gelatine and stir until dissolved ~ ~ ~
Chill; when it begins to thicken, fold in the other ingredients ~ ~ ~
Pour into large or small molds and chill until firm ~ ~ ~ ~ ~
Serve turned out on lettuce with fruit dressing ~
Ruth Taylor White

Let's Have a Polenta Party

A polenta party is one that the hostess will enjoy just as much as will the guests—and that is saying a great deal. It offers splendid opportunities for smart table effects

WHEN winter's chill breezes play around doorsteps and an evening by the fire is more appealing than "going some place," the clever hostess begins to plan various ways to entertain her friends. What can she do, that is different, not a lot of work and not too expensive? The Polenta Party is the smart answer.

Food is the most important factor of any party, in that a gay and amusing supper can start any evening off with high spirits. From San Francisco's sprawling Italian Colony comes this grand supper. The nature of the food makes this sort of a supper informal from the start, so if you have some gay peasant linen and heavy pottery plates and cups, you have the ideal background for such a meal. If you can have supper by an open fire, so much the better.

The menu is as follows—and don't think that there won't be enough food until you have tried it yourself:

Polenta
Salad Bowl Garlic Bread
Red Wine
Fruit Cookies Coffee

The Polenta is of course the chief attraction on the menu, and should be served on a huge platter, while the salad is most appetizing in a large wooden bowl, if you have one. The fruit can be washed and placed in a bowl, while the crisp cookies are in their container just waiting to be popped onto a plate for dessert. The cookies can be made several days ahead of time, and kept in an airtight can, or you can make up the dough in advance and bake the cookies in the morning. The latter way makes the freshest cookies. Here is a recipe for Butterscotch Icebox Cookies that have a delicious flavor and are easy to make.

Butterscotch Icebox Cookies

Cream one cupful of shortening and gradually stir in two cupfuls of brown sugar. Add two eggs, one at a time, and beat well. Stir in three and one half cupfuls of flour which has been sifted with three teaspoonfuls of baking powder. Mix well, and stir in two teaspoonfuls of vanilla and one cupful of chopped nuts. This will make a stiff dough. Divide the dough in half and make two rolls, wrap in wax paper and chill in icebox. Slice thin, and bake in a moderate oven at 375 degrees. As there is plenty of shortening in the mixture, greasing the cookie sheet is unnecessary.

Now that we have our cookies, we can proceed to the rest of the meal. For the garlic bread, take loaves of French bread (prepare plenty of this) and cut the loaf in slices, but not quite through. Soften enough butter to spread the bread with, and add to it about a quarter of a clove of garlic, chopped very fine. Just before serving spread the bread with the garlic butter and place in the oven long enough to heat through.

The salad is a combination of any greens in season washed and drained, and well marinated in a French dressing made with salad oil and wine vinegar. (Three tablespoonfuls of oil to one of vinegar.) Add salt and seasonings to taste, and rub the salad bowl with garlic. This will insure a delicate and delicious flavor.

The fruit is equally simple, just an attractive combination of what is in season, but be sure to include some crisp, red apples. As to beverages, a good red wine served with the Polenta is perfect—no true son of Italy would dream of eating his Polenta without a spicy red wine to go with it—and of course black coffee at the conclusion of the meal.

You will find that the rest of the evening will take care of itself, but a splendid idea is to have each guest come prepared to tell what he considers is one of the most interesting stories he has ever heard, be it fact or fiction. This carries the evening to a lively and satisfying end, and you will be surprised at how well your guests will respond with their stories. Now-a-days we all seem to be continually struggling to be heard, and to know that one has the floor and the attention of his audience is a great "tongue loosener."

Now we will prepare the Polenta, and it is well worth taking pains with, as it is really the only dish you have to prepare. The following amounts will serve six generously.

Polenta

¾ cupful of salad oil
2 medium sized onions
1 large clove of garlic
Small bunch of parsley
Pinch of rosemarie (dried or fresh)
1 teaspoonful of salt
Dash of thyme and sage
1 small can of button mushrooms
Grated cheese
½ lb. of Monterey cheese
A handful of dried mushrooms
1 large (No. 2½) can of solid pack tomatoes
2 fresh tomatoes
2 cupfuls of coarse yellow cornmeal

The sauce is the most important part of the dish and should be prepared carefully. It can be made the day before.

First chop the onions, clove of garlic, parsley and rosemarie, very fine. Pour the oil into a medium sized saucepan; add the onion mixture, a teaspoonful of salt and a dash of thyme and sage. Brown this very slowly in the oil. This may take half an hour. Wash the dried mushrooms in lukewarm water and simmer in water to cover until tender. Strain and save the liquid from the dried mushrooms, for if the sauce is a bit too thick, it can be thinned with this liquid. (*Continued on page 35*

By
CHARLOTTE NICHOLSON
Photograph by Ralph Young

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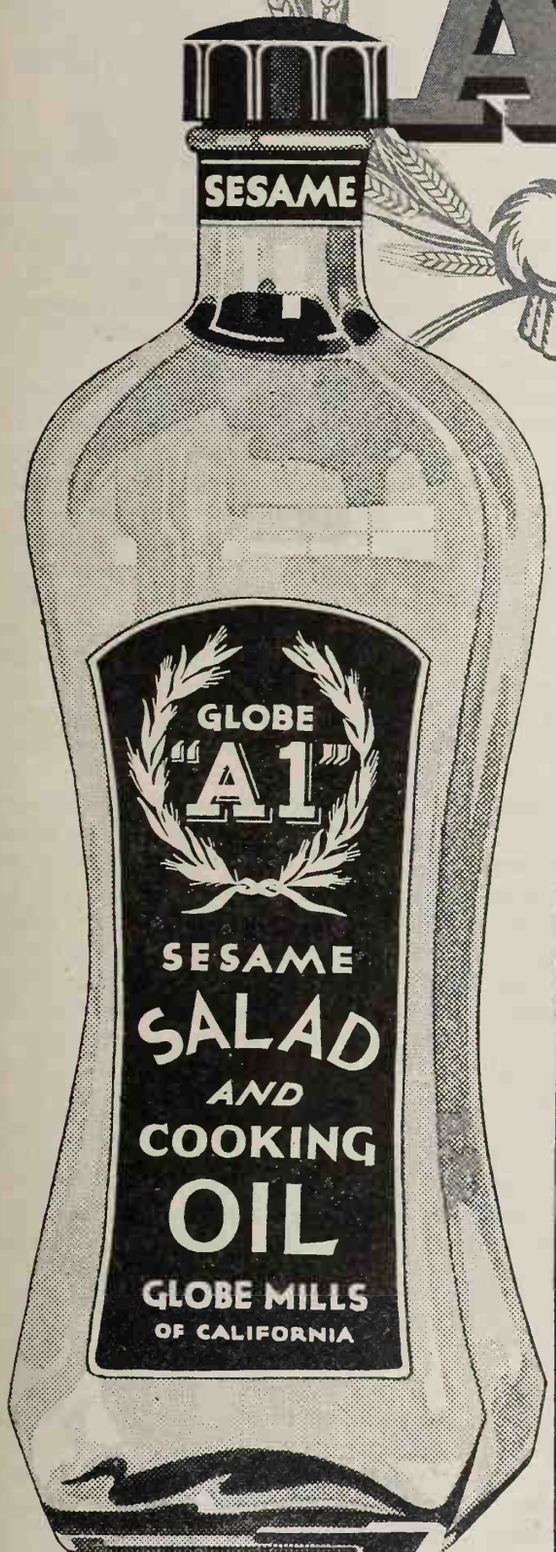

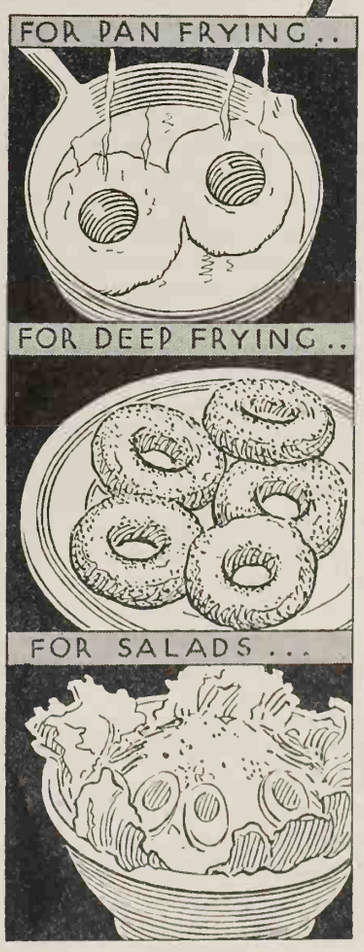

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Sunset KITCHEN RANGERS *Club*

Corn Pone for Campers

ONE of the problems of the backpack hiker in the Western mountains is to provide for bread which can be made easily and quickly, without the need of bulky ingredients and utensils.

Years ago I was introduced to Southern corn pone in a memorable way and have since found it an invaluable companion on many a fishing and hunting trip. In fact I have even been permitted on occasion to manufacture it in the home kitchen as a concomitant of some special meal.

The advantages of corn pone as trail-grub are: ease of preparation; compactness and simplicity of materials; and "stick-to-the-ribs" food value. Few foods "stay with a fellow" better on a long hike or mountain climb or when fishing or hunting over a difficult terrain. They are delectable when eaten piping hot and very acceptable as a cold lunch along some swift stream or beside a mountain trail.

My first acquaintance with corn pone came some twenty years ago on a fishing trip up the Hama Hama river, a tributary of Hood Canal on Puget Sound. Fishing down the Hama Hama canyon was a never-to-be-forgotten experience—but that's another story.

Four of us were in the party, two naval officers and two civilians. The naval officers volunteered to purchase the supplies from the commissary, so were left to make out the grub list. At our first camp I examined the supplies and found no flour or bread of any kind except an abundance of corn meal.

"What are we going to do for bread?" I asked.

"Eat good ole Southe'n cown pone," answered the Lieutenant.

"Then you'll have to make it yourself," I replied, "for that's a new one on me. I can make flap-jacks, biscuits or dough-gods, but they take flour. When it comes to corn meal cooking I'm afraid you'll have to count me out."

So the Lieutenant proceeded to make corn pone as southern as his drawl. I watched him and a day or so later when he was incapacitated as the result of a fishing mishap, I had a chance to demonstrate my aptitude as a pupil.

Here is how he made them:

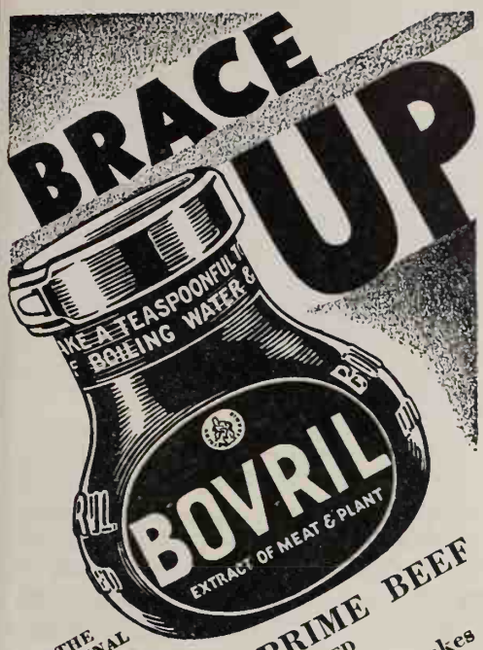
Take sufficient corn meal (either white or yellow, depending upon preference and availability) to make about the desired quantity—better allow a cupful at least to the person—and add salt to taste. Mix in any pan or pail you have handy. Pour on enough boiling water to scald the meal thoroughly. This is the important point. The water must be boiling and the meal should be stirred carefully as the water is poured on slowly so that every particle of the meal comes in direct contact with the scalding water.

Use only enough water to moisten the meal to a stiff consistency. Do not let it get "soupy." If you have butter a little may be added for shortening, or bacon drippings can be used. Mold the mixture into oblong "pones," shaping them between the palms of the hands, and fry in a hot skillet with just enough grease to prevent sticking. When brown on one side, turn and brown on the other side.

Eat corn pone hot with butter, jam, jelly, syrup or what have you. For the trail lunch split the cold pones and insert slices of venison, breast of grouse or other game. Or in emergency, gather a handful of huckleberries and eat the pone "dry-so," washing it down with mountain water.

You'll find a staying power in corn pone that few other foods can give. It's the grub Dan'l Boone and other famous pioneers carried on the trails to the Big Meadow, and it's equally good in the Cascades or the Sierras.—H. O. Stone, Seattle, Washington.

HI KITCHEN RANGERS! Here's your chance to tell the world just how you make that camp stew or potato pie or whatever it is that is your special pride and joy. We want, for this department of yours, anything and everything related to camp or home or barbecue grill cooking that you think other Kitchen Rangers should know. Keep your manuscripts short, write them in as clear and interesting fashion as you can, and ship them along to us. Those used will be paid for at usual rates.—G. A. C.



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MAPLEINE

A Polenta Party

(Continued from page 32)

Drain the canned tomatoes (of course saving the juice for other uses) and place in a pan. Peel the fresh tomatoes, cut them in pieces and add to the canned tomatoes. When the tomatoes are heated through and the onion is a nice light brown, add the tomatoes to the oil and onions and cook, stirring occasionally, for half an hour. Now drain the cooked mushrooms and add to the sauce, and cook again for half an hour. Finally add the button mushrooms and stir and cook slowly for half an hour more. Taste and add more salt if necessary. The sauce is now delightfully mellow and blended, there are no sharp flavors, and being cooked thoroughly it is not "green." The secret of a real Italian sauce is to have the ingredients chopped very fine, and to cook it a long time at a low heat. Then by adding only one ingredient at a time, and that at the same temperature as the sauce, you have a smoothly blended result. This is the true old Italian way.

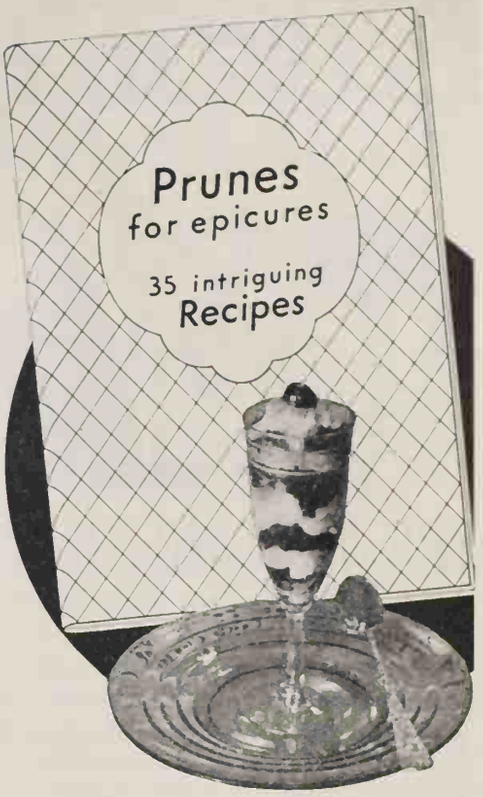
The cornmeal is cooked as follows: If you get a coarsely ground meal, it will be fluffy when cooked and not pasty. Bring two quarts of water to a boil and add two teaspoonfuls of salt. Stir in the cornmeal slowly and continue stirring until thick. Place an asbestos mat over a gas burner, or turn the heat on "low" for an electric stove, and cook for two hours. Stir frequently. The cornmeal should be very thick.

About fifteen minutes before you are ready to serve supper, heat a large platter and spoon enough of the cornmeal on to the platter to cover the bottom about an inch thick. Add about half a cup of sauce, not too much or it will be "runny," and then a layer of sliced Monterey cheese, the nice soft kind. Repeat this process until you have three or four layers, or have used up your cornmeal. Finish the top off with a sprinkling of grated cheese and place the platter in a warm oven until the cheese is melted and all is blended. Be sure to put a dish of the sauce on the table along with a dish of grated cheese, so that each guest may have the exact mixture that suits him. The platter of Polenta should be placed in the center of the table if possible, so that all may have "seconds" and "thirds" within easy access.

Prisoners

IF I should lose my sight, and never see again,
I'd always hold two things within my memory—
Gulls poised in silvery flight above a cobalt sea,
And clumps of yellow aspens quivering in the rain.

—Helen Miller Lehman.



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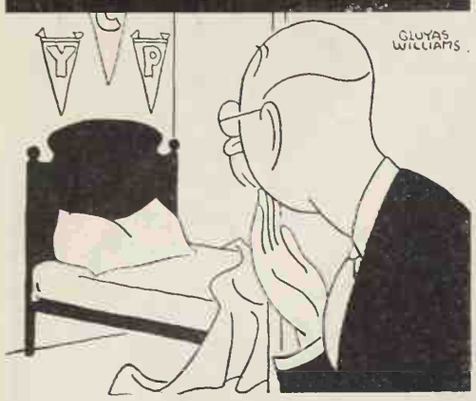

THE MISSING HEIR

Whatever has become of William Archibald Pennington, Jr., who invariably rubs his eyes in the morning and declares he's too sleepy to get up?

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For stubborn stains in aluminum pans, fill the pan with water and add a teaspoonful of cream of tartar for each quart of water used. Let stand until the stains are loosened, then scour off with a good cleanser.

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Menus and Recipes for Dinners

When Salad Is the Main Dish

By BERTHA E. SHAPLEIGH

WE all know, of course, that salad in some form is a daily requirement in our menus. To quote from a wonderful chef, one whose name was known from coast to coast—Victor, of the Saint Francis Hotel in San Francisco—"The use of salads is so generally recognized in this country today, that little comment is necessary upon the virtues and values of this tasty portion of a meal." Victor goes on to say that the "oils, vinegars and condiments must be selected with exceptional care as slight and suggestive flavors make or unmake a salad."

Two dressings, with their variations, should be perfect: French dressing and mayonnaise. Mayonnaise, rich with egg and oil, is rightly used to make hearty salads which serve as the main dish of a luncheon or supper. It is easy to make, following the usual cook book directions, or those furnished with the salad oil; vary the seasonings to suit your own and your family's tastes.

French dressing is the one which correctly must be served on light dinner salads—never mayonnaise where there is meat with sauce or gravy. A French dressing is made by blending oil, vinegar and seasonings in just the right proportions. The Spanish proverb states that four persons are necessary to the proper making of a salad dressing: "A spendthrift for oil, a miser for vinegar, a counsellor for salt, and a mad man to stir it all up." Spain has good salads, and France is noted for its salads. The French carry out the above idea of mixing, as their expression "to fatigue the salad" implies. To toss and thoroughly mix every bit of oil and seasoning with the salad plant used, and at the last moment to add the vinegar, is to insure a good tasting salad.

In the bottom of a bowl large enough to take all the salad, crush a bean or clove of garlic, add some paprika, good black pepper, salt, mustard, and oil, and thoroughly mix; add the salad plants—lettuce, romaine, chicory, or endive—and toss until each leaf or bit of leaf is coated with the oil. Just before serving add the vinegar, and "fatigue" the salad. This mixing may, of course, be done in the kitchen, but the clever hostess will do it herself at the table. The oil and vinegar in cruets, and all the seasonings in small dishes, together with a dish of the cold, washed and dried salad plants, may be on a tray placed at the right of the hostess. In front of her, a large attractive bowl, salad spoon and fork are placed. The hostess mixes in this bowl the condiments and oil, adds the salad plants, and thoroughly mixes them; then the vinegar is added, and the salad is fatigued and served.

Fine herbs or "fines herbs" are a great addition and if fresh may be cut and sprinkled over the salad before the final mixing. If dried, these herbs—which may be a combination of parsley, tarragon, chervil, and basil, or instead of basil, thyme—are best prepared by steeping a sprig or two of each in vinegar to cover. When steeped for an hour, strain off the vinegar and allow it to become cold before adding to salad. Sometimes a teaspoonful of sugar added to the vinegar is an improvement. Dry mustard is a good condiment to use, but remember Sydney Smith's admonition: "Distrust the condiment that bites too soon."

The proportions of oil and vinegar vary from two tablespoonfuls of oil for one tablespoonful of vinegar, to four tablespoonfuls of oil for one tablespoonful of vinegar. The seasoning cannot be given for all tastes, but the following is a guide:

French Dressing

4 tablespoonfuls of salad oil
1 tablespoonful of vinegar or lemon juice
⅛ teaspoonful of salt
½ teaspoonful of sugar (may be omitted)
1-16 teaspoonful of black pepper
½ teaspoonful of paprika
1 small bean or section of garlic

If only more salads were dressed with this simple dressing and served with meat or fish! But why, since salad is such a good dish for us, not serve a salad made with meat or fish, as the main dish of a luncheon or dinner, when that meal is for the family or only a guest or two? Here are five such salads, with the menu for each. You will note that mayonnaise is used in all of these:

For a Luncheon or Small Dinner

Cream of Tomato Soup
Fried Bread Dice
*Lamb and Mint Salad
Hot Rolls or Baking Powder Biscuits
Macedoine of Fruit in Glasses

***Lamb and Mint Salad**
Serves Six

2 cupfuls of cold roast lamb, cut into very thin, small pieces
1 pint mold of mint jelly (commercial mint or lime flavored gelatine may be used)
2 cupfuls of cold cooked peas
2 cupfuls of cold cooked carrots (thin slices or dice)
1 head of lettuce
Mayonnaise

As this is more attractive if served on a platter, arrange in center, the mold

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of jelly and around it place the lamb which has been marinated (allowed to stand in French dressing) one hour. Marinate separately the peas and carrots. Place a border of peas around the lamb. Arrange cup-shaped lettuce leaves around the edge of platter, and in these distribute the carrot slices. Pass mayonnaise separately. Be sure the seasoning of the dressing is good. If a bland-tasting mayonnaise is used add a little A.1. or Worcestershire Sauce, or tomato catsup, or salt and pepper, and sometimes more vinegar or lemon juice.

A good salad to serve as the main dish at a dinner is a

***Roast Beef and Macaroni Salad**

3 cupfuls of cold cooked macaroni, cut into ¼ inch pieces (or use short-length macaroni)
1 cupful of celery, cut into small pieces
1 sour apple, pared, quartered, and sliced very thin
1 green pepper and one red pepper, chopped
Cold roast beef
1 head of lettuce
2 tomatoes
French Dressing
Mayonnaise
Ripe olives or pickles

Mix macaroni, celery, apple, green pepper and red pepper with French Dressing enough to moisten thoroughly; let stand one hour in the refrigerator. Slice the cold roast beef very thin. Wash and dry the lettuce. Peel the tomatoes and cut into eighths. When ready to serve the salad, drain the macaroni from the French dressing and add enough well seasoned mayonnaise to coat the macaroni thoroughly. Dip the tomatoes in the French Dressing.

In the center of a large platter or chop plate mound the macaroni mixture and cover with mayonnaise. Around this arrange slices of cold roast beef. Around the beef put lettuce leaves to form nests, and in each nest place two or three sections of tomatoes, and one or two olives, or slices of pickle.

A Delightful Small Dinner

Crab or Shrimp Cocktail
Thin Brown Bread Sandwiches
*Roast Beef and Macaroni Salad
French Fried Potatoes Fresh Rolls
Mince Pie a la Mode, or Fruit
Coffee

Chicken Salad is an old standby! There are all kinds, but the one given here may be a bit different. It will be good for an evening reception, or a luncheon.

***Chicken Salad (Six Servings)**

2 cupfuls of cold cooked chicken, cubed
½ cupful of celery, sliced thin
½ tablespoonful of onion, minced fine
2 pimientos, diced
½ cupful California walnut kernels, which are toasted in the oven in a little butter, then broken into small pieces
French Dressing
Mayonnaise
1 head of lettuce

Mix chicken, celery and onion and marinate for an hour or more in French

NEW TYPE BREAKFAST FOOD INCREASES A CHILD'S MUSCULAR ENERGY

Aids greatly in restoring daily the energy used in school work or play

New Wheat and Toasted Malt Cereal now widely urged instead of dainties at breakfast

AMERICA'S three highest authorities on diet have now disclosed an amazing finding about the effect of foods. It is of utmost importance to every mother.

These scientists agree that foods more rapidly turn to energy during the active hours when the mind and body are using energy. That foods are stored up in the form of fat when the body is resting—when it makes no call for an energy supply.

Thus the time of day when you eat your heavy meal may indicate whether it will turn to energy or to fat.

This makes more important a substantial breakfast. An *energy food* in the morning instead of paltry breakfast dainties that are not enough to replace the energy burned up in daily work or play.

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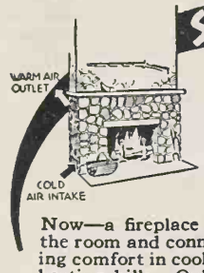
It is also effective for cleaning automobile radiators. Sold at grocery, drug, and hardware stores, 25c. The Hygienic Products Co., Canton, Ohio.



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dressing. At serving time, mix the toasted walnut meats and pimientos with the chicken; add enough mayonnaise to coat the chicken. Using the white inside leaves of the lettuce, form nests and fill with the chicken mixture. Cover top of each nest with mayonnaise, and garnish with ripe olives.

If the salad is served at the table as the main dish at supper, mound the salad in the center of a platter and garnish with lettuce and olives.

An Attractive Luncheon

Grapefruit and Mint Cocktail
Cheese Crackers Olives
*Chicken Salad Hot Rolls
Olives Pickles Jelly
Cream Puffs filled with Ice Cream
Coffee

You will enjoy serving this Salad a la Russe on many occasions.

*Salad a la Russe

1 cupful of cooked carrot dice
1 cupful of potato cubes (boiled and cooled)
1 cupful of cooked string beans
1 cupful of tomatoes (peeled and cut into eighths)
1 cupful of cooked cauliflower
French Dressing
Sour Cream Dressing
Smoked salmon and anchovies
1 head of lettuce
Olives

Marinate each vegetable separately. Beat until stiff one cupful of sour cream, and add to it one tablespoonful of vinegar, with salt and pepper to taste. Cut the smoked salmon in very thin slices. Wash and dry the lettuce. On a large platter, put outside leaves of lettuce, shredded; arrange small leaves around the edge. In the shredded lettuce arrange the vegetables in groups—say two groups of potato, two of carrots, two of string beans, two of cauliflower. In the center place the tomatoes. (If fresh tomatoes are not available, use the solid part of canned tomatoes, mixed with the dressing.) Cover each pile of vegetable with the sour cream dressing, and in the center place a slice of smoked salmon, or an olive with an anchovy curled around it.

Boiled beets, cut into dice, may be used in place of the cauliflower, or beets may be added, making six groups instead of five. A vegetable salad served in this way gives each person the privilege of choosing or omitting any vegetable not liked.

A Russian Luncheon

Cream of Beet Soup with Sour Cream
*Salad a la Russe
Rye Sandwiches Pickles
Fruit Cake Russian Tea (in glasses)

No mention is made of fruit salads, which are so good to serve, especially for a Bridge Supper. The one consisting of mixed fruits, mixed with mayonnaise and whipped cream to which gelatine has been added, and allowed to stand in the ice box for several hours, is perhaps one of the most satisfactory. But more some other day!

Here Comes the Parade

Cocktail Parade, Canape Parade, Salad Parade . . . all headed for your party

GAY and amusing in themselves are these smart little books; but more than that, each one is filled from cover to cover with just the sort of clever recipes and suggestions that you love to spring on your friends. Canape Parade and Cocktail Parade, in cellophane envelopes, are priced at 50 cents each. Salad Parade—a thicker book which includes dozens of recipes for canapes and icebox desserts in addition to a fine array of salads and salad dressings—sells for 75 cents. It comes in an attractive gold paper envelope. All three make delightful bridge prizes and gifts. The cover designs pictured above give a hint of the amusing decorations inside the books.

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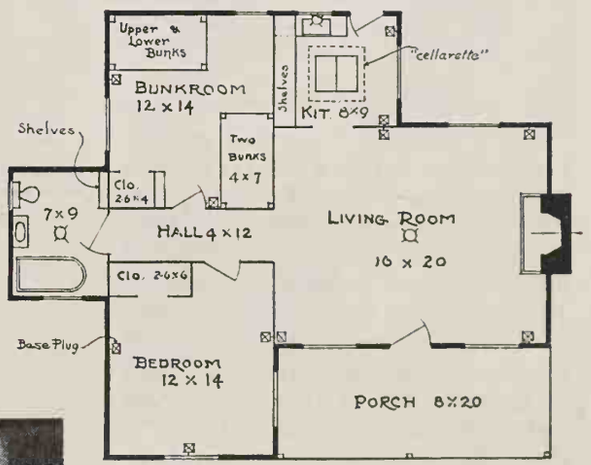
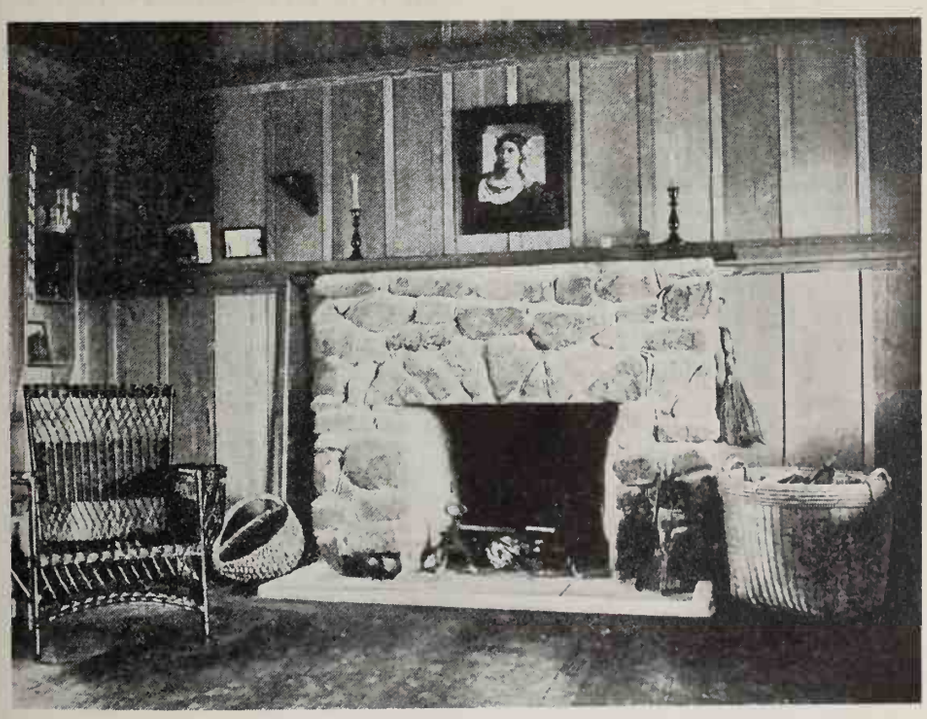
WHO, living in town, has not dreamed of a cabin somewhere in the wilds? And has one ever visioned a cabin without the cold shadow of practicality stealing over the picture—cost, accessibility, all the if's and and's that keep one from getting title to a spot and starting to step off and stake the limits of those coveted walls? The owner of this cabin decided that choices must always be made and some pet ideas discarded, so why wait for the impossible? She made her plans and learned as she went.

When choosing a cabin site, trees and running water could be a first requisite, but to the coast dweller of Southern California "high and dry" can have an appeal all its own,—as we found when forced to forego shady streams. A panorama of mountains and wooded hills and a valley sloping softly toward the setting sun were compensation.

The simplest board and batten construction did away with studding. 12-inch boards of Oregon pine, finished inside, covered space quickly. Roof joists, 16 inches on center, were covered with a solid ceiling of 6-inch roof sheeting to which the shingles were fastened. The work was done by day labor.

While mantel and chimney were designed in the making and built of common rock found on the land, no chances were taken in building the flue. A plan with a dip, or well, back of the throat of the flue, insured perfect draft and protection against sooty rain splash. The throat was kept very narrow. To fasten the mantel shelf securely, large nails were driven into the under side of the plank and these were pressed down into the top layer of "green" cement. A rim of half-brick outlines the hearth and keeps coals and ashes from the floor.





Double-hung sash, placed on side, sliding on grooves, are inexpensive windows if bought in stock sizes and are in many ways the most satisfactory kind in a cabin. The windows in this cabin slide to each side and when open are concealed by the side drapes, the rods extending beyond the window for that purpose.

A space 4x4x2 excavated and lined with cement, ventilated by two small opposite openings, wire-covered, makes a "cellarette" in the center of the kitchen floor.

The bath room is a lean-to extension. A rear platform step—possibly a back porch—will be added later. The total cost of this cabin was less than one thousand dollars.—Jessie N. Wallace, Santa Barbara, California.

Beauty . . Personality . . Style . . Etiquette

Edited By BARBARA LENOX

The Finger Tip Way To Beauty

Second in a Series of Sunset Beauty Movies

UP until thirty, if we give ourselves a reasonable amount of care, our skin and hair usually do not give us much cause for serious annoyance, but after thirty, and sometimes even before, we start taking it on the chin, and getting it in the neck. How tragic to look old when you don't have to! Skin specialists tell me that you can have a smooth young skin no matter what your years may number, and that your hair can shine with health for years on end. How? Not just by wishing for youth and beauty, but by removing the cause of your age marks whatever it may be.

Look in the mirror critically, preferably a magnifying mirror. Are there tiny wrinkles around the eyes? Does the skin look like crepe paper? If so, let's find the cause. Wrinkles around the eyes may begin by eyestrain. Here in the West always protect your eyes from glare by dark colored glasses, and rest your eyes during the day. Lie down, and put little pads of cotton wet with witch hazel over your eyes for 15 minutes.

Laughter has a way of leaving lines at the corners of the eyes, and personally I think these add charm and character to a face. Just as laughter marks the skin, so do hate and self pity and envy leave telltale marks, only they add ugliness to the face instead of charm. Did you ever witness the "cordial" greeting between two women who have nothing but hate in their hearts for each other? They pretend to be pleased, but their true emotion is the one that will etch a wrinkle or two around the mouth. There is nothing like bitterness, hatred, and tangled thoughts in general to develop and multiply wrinkles. Physicians often tell us that constipation makes us age. They mean this in a physical sense of course, but what about mental constipation?

Look in the mirror again. Are there lines on your forehead, and between the eyes? Do you have a parenthesis of lines at the corners of your mouth? Dry skin brings these wrinkles, and a too quick reduction of weight, but by far the most important cause is what I call "half-health." You may not ache or have pains, so you believe you have good health, but have you? Perhaps your organs are functioning with surprisingly low efficiency. The surest way to make yourself young and beautiful is to make yourself gloriously healthy, so healthy that as William James says, "simply to live, move, and breathe is a delight." How can you improve your health? Use your body for one thing. Twist, turn, and breathe, eat for health rather than for taste alone, and keep the organs of elimination active—that means the kidneys, lungs, bowels, and the skin. Never forget that the skin is an organ of elimination.

1. Whenever you use cream or soap, make little circles with the cushions of the middle fingers of each hand in upward creeping steps from chin to temple.

2. Beginning at center of chin mold out to the corner of the mouth, around and over the upper lip, letting finger meet at nose. This reaches the circular muscle which surrounds the mouth, and keeps it young.

3. Begin at nose corner of each eye, and smooth lightly over the lid and around. This reaches the band of muscle which surrounds each eye. Smooth very lightly, without shoving or pushing the skin.

4. Using the fingers of both hands at full length, stroke upward rapidly beginning at the bridge of the nose to the hair line. Whether applying or taking off cream or soap, always make your strokes upward.

The fountain of youth, which the ancients sought in strange lands, the moderns have found right in their own veins. Every cell in the body is dependent on circulation for its life, and it is sluggish circulation that brings us most of the disfiguring marks of age. Because of the sedentary, housed, and generally unnatural lives we lead, the years often find our blood stream growing laggard. Much can be done however, even in the most crowded days to combat age, and increase our sense of well being. In this department I want to outline for you the best accepted methods of beauty culture, so that you may select and adopt the one suited to your type of skin. In past issues we have discussed stimulating the circulation by means of "blushing" products; now let's talk about massage or molding, which is a very popular form of blood stimulation.

In the daily routine followed by Hollywood stars, you will find massage plays an important part. Athletes have their daily rub-downs. Invalids find massage an excellent health builder. The benefits of massage for the scalp are well known. Massage is beneficial because it quickens the flow of cleansing blood through the internal skin tissues. This renews the luminous quality, the look of thin fragility which makes your skin attractive. Massage helps to overcome the congestion in the arteries, it flushes the veins of their waste, it regulates the tiny skin nerves, keeping the pore and gland action normal, it increases the elasticity of the muscles, and promotes efficiency in the skin functions. Massage covers a multitude of methods —it may be a kneading movement, lifting, rubbing, molding or slapping. For the face, massage should be light, gentle, rhythmic. Never shove, push, or pull the skin of the face. Since dry massage is likely to be irritating it is best to oil or cream the skin first. I shall be glad to send you names of suitable products. Too drying, or unsuitable products is another cause of aging, but one which is very easily corrected. Always select products for the environment in which you live.

Did you ever try awakening your body in the morning with self massage? Slip a pair of coarse wool mittens on your hands, then begin on the leg—stroke, knead, slap up toward the heart, work up the thigh, then the hip. Now the other leg, then the arms. It takes only a few minutes to energize the tissues in this way, and the exhilaration that follows is most pleasing. Knead deeply on the muscles at the side of your

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The Finger Tip Way to Beauty.
Facial Exercises.
Hand and Foot Notes.
Dry Skin or Oily Skin.
Next month: HOUSEKEEPING YOUR WAY TO GOOD LOOKS.
Don't miss this practical, helpful article.

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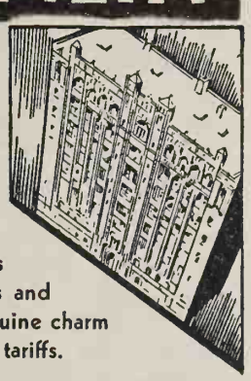

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Clive W. McDonald Manager

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neck, always upward. There are big arteries buried there. I should like to go into detail about molding the face and how it should be done, but space forbids, so I have prepared a special bulletin on this for you. A stamped, self-addressed envelope is all that is needed to obtain this. If you are interested in stimulating the circulation by other means, I shall be glad to help you. At least I can give you a list of "don'ts" on the subject—hot towels, irritating products, or certain drying masks will stimulate the circulation, but not beneficially, and anything which is not beneficial, we cannot recommend.

Fresh air, sunshine, circulation, excretion—is that all one needs to be young and charming? No, life would be dull if we had only necessities. You need play. Play that is joyous abandon. Laugh long and often. Take a trip, forget your dignity and be frivolous. Wholesome play will help to renew every fibre of your being. It is not for beauty alone that we need play, exercise, massage, but so that we can better express what we are and what we mean. When we see a charming woman we receive an impression of her perfection. Behind that perfection which appears so natural, there is usually a knowledge of posture, gesture, timing. Nothing is left to chance. Why not begin now to develop your personality? There is so much undeveloped charm in each one of us. Often it is like a seed neglected. Like a jewel uncut. I have planned to give you each month in 1934 some practical ways of dramatizing your personality and your beauty. As far as possible I should like you to feel that these editorials are like personal interviews—that I am sitting opposite you, a friend anxious to help you to realize the best of yourself. By the end of 1934 if you will follow these ideas, you will not only look young, but you will be poised, gracious, charming. Write me if I can help you. I'm giving a series of Charm Lessons on the Emporium Breakfast Hour Program every Wednesday at nine over KGO. Listen in!

Candles of the Lord

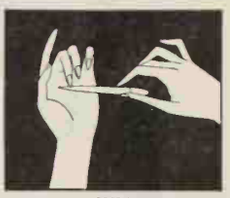
BY day the yucca's chaliced censers holden high
Make slight obeisance with each passing pulse of wind
While off'ring incense to the sun god of the sky
For sun and wind and rain in years that lie behind.
By night the creamy candelabra proudly rise
And, taking radiance from each distant circling star,
Sift light on all the softened beauty of those hills,
O'er which my questing soul in rapture wanders far.

—Carleton R. Ball.

How to have LOVELY NAILS

STEP I: File nails into a pleasing oval shape. Smooth edges with an emery board. If necessary, *clip* away any hardened cuticle at the corners.

STEP II: Wash and scrub nails, thoroughly. If nails are brittle, immerse for a few moments in warm GLISSEN CUTICLE OIL.



STEP I

STEP II

STEP III: With an orange stick wrapped in cotton remove excess cuticle with GLISSEN CUTICLE REMOVER, and push back. Then remove stains and whiten tip with GLISSEN LIQUID NAIL WHITE.

STEP IV: Be sure nails are thoroughly dry. Then apply GLISSEN LIQUID NAIL POLISH in NATURAL for street or business, MEDIUM for sports, DARK MEDIUM for afternoon and DEEP for evening; applying it in an arc from SIDE to SIDE, leaving the 'MOON' and tip uncoated. Presto! Gleaming, lovely nails for a week or more. *BUT, GLISSEN is so quick and easy to apply that we suggest*

STEP III

STEP IV

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About Our Junior Garden Club

By

RUBY J. EGE
Porterville, California

PERHAPS many of SUNSET readers have worked in adult garden clubs, but how many have had the privilege of directing the activities of a Junior Garden Club? Until one has, she has no idea of the joy to be derived from the experience.

I should like to take this opportunity of passing on to other garden enthusiasts my experiences with such a club.

Upon moving to this little city I looked about for some little enjoyable work I could do, and, since my hobby is flower gardening, I conceived the idea of organizing a Junior Girls' Garden Club. The idea, of course, is not new, but neither is it overdone. In the San Joaquin Valley I have heard of no other such club.

The date for the first meeting was announced at the grammar school and when the date arrived, only seven girls responded. These were from the sixth, seventh and eighth grades, as I believed the younger girls could not take dictation quickly enough. (Those in lower grades should have a separate class.) These seven girls were enthusiastic and promised to look out for new members. One requisite was that each member *must* plan on having a flower garden of her own. Our meetings were scheduled for two Fridays a month, after school hours, at my home.

When the membership increased to ten, officers were elected—president; vice-president; secretary, and flower chairman (to remember the sick with bouquets). No treasurer was needed, for my aim was to have the club cost the members as little as possible. Parents already have too many calls for money, so I asked for no dues. As the news spread about the new venture, many friends offered seeds, bulbs and plants, and some were kind enough to deliver donations to my home on club day, for distribution. So even the cost of establishing a child's garden was minimized.

Before long, we issued an invitation to the upper grade girls from a nearby rural school to visit our new club, and eight came on that next meeting date. All joined our class, making twenty on our roll.

A meeting would be somewhat as follows:

1. President in chair. Call to order.
2. Roll call by secretary, members answering by telling what had been planted by them since last meeting.
3. Reports by members. (Assigned by counselor, previously.)
4. Report of the sick. All were remembered with flowers.
5. Meeting turned over to counselor.
6. Counselor gave dictation on what to plant that month. Tidy Tips given for notebook. Girls' questions answered.
7. Seeds, plants, bulbs given to members.
8. Adjournment. Refreshments.

I might add that refreshments were simple, so as to take less time from the meeting. They were furnished by the counselor and consisted of fruit, or candy, or wafers, and on cold days it might be hot chocolate and wafers.

One year, I notified the class members of a notebook contest; and I secured a judge to look over the books in May. Very original and ingenious books were turned in, and prizes given for the two best ones.

On Arbor Day, March 7, 1931, our little club of girls donated a *Cedrus deodora* tree to the town's Woman's Club, and at fitting exercises, dedicated it for the town's future Christmas tree.

On several club days I arranged flower games, which were appealing as well as educational. Once we worked from pictures of flowers (in winter), guessing their names; another time I had picked twenty-five varieties of blossoms from my yard, numbered them, and had a guessing contest. If spelling was to count, I announced it ahead of time. Every girl had several good seed catalogues from which to study. The prizes I gave were inexpensive vases, bulbs, seeds and the like.

Two flower shows are held each year in this community; at both the Junior Garden Club is well represented. In the children's department, the entries from our club were prevalent and distinctive. Small merchandise prizes were given, and the club girls were delighted in winning several. When a nearby town held its show, two of our club members won cash prizes with their entries, which, of course, made them "feel like a million."

As for remuneration, a counselor gets nothing she could count in nickels or dimes, but something she would not exchange for dollars. When parents express their appreciation to you; when your club girls come to you for planting advice; when you are remembered on May Day by a basket of posies on your doorstep; when a member stops by to tell you she has a daffodil in bloom—these are the small incidents which repay one for all effort, energy, time and money spent! The work is worthwhile!

Out-of-Doors

(Continued from page 27)

until the opening of the next season.

Since the advent of non-corrosive primers, gun users have become more careless than ever, but while these new primers contain no element that will damage the bore of a rifle or shotgun, moisture is still as harmful as it ever was. No matter how carefully a gun was cleaned and oiled at the close of the season, it should be examined occasionally, especially during the damp winter months, thoroughly cleaned and oiled, and stored in a dry place where steam from a kitchen or laundry, or any other moisture, will not reach it.

Merely oiling the bore of a gun is not enough to prevent rust, for there may be moisture under the oil. A gun should be absolutely dry before oil or grease is applied, so in the case of a gun that is to be stored for a long time, it is advisable to heat the barrel to thoroughly dry it before it is oiled.

Almost all gun barrels, especially rifles, are ruined by rust, not by shooting, for tens of thousands of shots fired from a gun will not affect its accuracy if care is taken in the cleaning.

Neglected Fly Lines

Trout anglers who left their fly lines on their reels at the close of last season may be able to save them if they will act at once. The better grades of oiled dressed lines will become sticky and worthless if they remain on the reels for months, and the lower priced enameled lines, even if they do not become sticky, will come off the reels next spring with permanent waves, or in corkscrew coils.

Those who have neglected their lines may be able to save them if they will remove them from the reels and hang them in large, loose coils in a cool, dry place.

Your Oilskin Slicker

Oilskin slickers that are rolled into bundles for storing during long dry periods will probably be found to be very sticky when they are needed. All oiled clothing should be hung loosely in places where there is a current of dry air.

In the case of oilskin slickers that have had much wear and most of the dressing has been worn off, the rain-shedding qualities can be renewed by applying linseed oil, either boiled or raw. It may be rubbed on with a brush or cloth. Old time sailors recommend the addition of a tablespoonful of table salt to each cupful of the oil as a means of preventing the oil from becoming too sticky.

If more than one coat of oil is required, the first one should be thoroughly dry before the second is applied.

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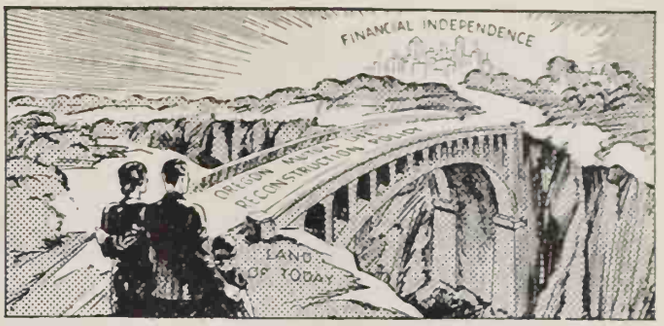

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This Month in Your Garden

Written Especially for the Bay Region

By
MARIE OLSSON

ONE of the most thrilling of garden tasks is growing plants from seed. Since we are now planning for the summer garden, annuals are the chief subject at this season—and we sing their praises to the skies. First of all, annuals are inexpensive (it is advisable to pay just a little more, however, and be assured of good seed. It takes just as much time, energy, and water to raise inferior plants as good ones). Annuals germinate rapidly, they are excellent to use for temporary plantings in the bald spots of the flower and shrub border, they flower early and for several months, and above all create dazzling colorful garden pictures during the warm dry summer.

Seed Boxes

Sow seed in boxes for best results as the ground is still too cold to germinate these tiny storehouses of potential beauty. You can obtain regulation size seed boxes from almost any nursery for ten cents each, or you may use clay seed pans made especially for this purpose. These latter are splendid for the more tender things since you can keep them indoors easily and neatly. Small cheese boxes are fine, too, and your grocer will be glad to save a collection of them for you. One such box will accommodate one package of seed. Whatever you do use for your seed bed, be sure to provide good drainage. Holes should be punctured in the bottom and a layer of coarse gravel placed over the bottom. The soil mixture should be one-third peat moss, one-third coarse sand, and one-third rich garden loam. Screen the mixture through a one-quarter inch wire mesh and then fill the seed box. After the seeds are planted, cover lightly with this same soil mixture, or a mixture of sand and peat in equal parts. Place a glass over the top which has been covered with brown paper, and place in a sheltered location. Be sure that the glass is several inches above the box at one end to allow free circulation of air. Do not use fertilizer in the seed bed; this increases the leaf and stem growth but does not produce a strong root system which is more essential in this stage of plant culture. When the seedlings can he handled easily, they should be transferred to a second box, the soil in which should contain a small quantity of fertilizer.

One of our SUNSET readers raises sweet peas that are the envy of all of his neighbors. He starts a dozen seeds in an eight-inch flower pot. When the seedlings are three inches high, they are planted into the garden. In this manner, the plants get a good start in life. Other gardeners start sweet peas in small cardboard containers—one seed in each—and just as soon as the seedling is large enough, the container and plant are set into their permanent location in the garden. The container eventually deteriorates.

Some other good annuals to sow now are the lovely double cornflowers in a great range of colors; Giant Imperial stocks in rich rose and deep yellow are unusual; lavender, red, blue and white verbenas are a good bet for even beginning gardeners; violas are good with a bed of tulips; and dwarf snapdragons make a fine edging for the shrub border. Try some new sorts, too, for variety is the spice of the garden. Dwarf godetia Sybil Sherwood is conceded to be one of the outstanding novelties of recent years, receiving an award of merit from the Royal Horticultural Society of England. The color is a glorious shade of bright salmon pink softened by an undefined edging of white. It is an excellent border subject or potted plant.

Pansies

Although pansies are perennials, it is best to treat them as biennials or annuals in the West. They become straggly when carried over from one year to another. If you sow pansy seed this month, you will have a great display of bloom all through summer, fall and early winter. Just remember that the pansy is a descendant of the alpine viola, and you will know that it does best in a cool, partially shaded location and likes plenty of water. Good pansy plants will produce more than one hundred blooms during a year.

The spirit of adventure in every true gardener should be satisfied completely if he were to try to grow seed of shrubs, trees, and some of the European and South African flowers. They are treated much as other seeds, only more time is usually required and often a little more care. You will find the reward worth any extra effort you may put forth, however, for a plant raised from seed and nursed along until it flowers will be far more precious and interesting than one purchased full grown. More amateurs should experiment with new varieties and then report on their adventures to other gardeners, for all of us can learn much from this process. For instance, most of us have grown or at least know about the dwarf, compact deep blue lobelia, which is an admirable border plant; but have you tried the variety with purple blue flowers and a conspicuous white eye? Or the crimson or white lobelia, or the perennial varieties whose colors range from palest pink to darkest purple and stand two feet tall? Then there are the hardy annual lupines, that grow so profusely in our wild flower fields. For home cultivation *Lupine hartwegii* is recommended. This strain comes in white, pink, blue and white, and one a delicate mist-like blue.

Judging by the lengthy lists of annuals in seed catalogues, westerners do enjoy profusions of annuals in their gardens each year. Be sure to obtain such a list from which to make suitable selections.

Perennials

Seeds of perennials may be sown in spring. Half a dozen dependables for home gardeners are *Agathaea coelestis*, a hardy plant producing pretty pale blue, daisy-like flowers on stems 12 inches tall; *Aconitum wilsonii*, a handsome plant with long spikes of blue flowers, and blooming from early summer until frost; columbine; *Browallia speciosa major*, one of my favorite blue flowering plants and a good border subject; white and pink candytuft; and delphinium.

The perennial border should be cultivated this month and quantities of calcium nitrate and other fertilizers added to the soil to provide the plants with sufficient nitrogen. Old stems of perennials may be cut back now and any new young shoots mulched with peat moss to protect them from late frosts and heavy rains.

Rock plants may be propagated from seed sown this month. Some things that will germinate and grow rapidly are aubrietia, *Alyssum saxatile*, arabis, dwarf phlox, *Gypsophila elegans* (annual baby's breath) in white and clear crimson, *Phacelia campanulata*, a native with blue bell-shaped flowers, low-growing campanulas, and *Linaria alpina*.

Begonias

Begonia tubers and seed may be started all through this month and next. Start the tubers in rich soil to which has been added quantities of leaf mold, and cover the crown of the tuber only slightly. Begonias thrive in a shaded location and require considerable mois-

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ture. The family of begonias is a large one and consists of singles, frills, crested, narcissi, trailing, doubles, carnation and camellia types; and their colors are pure white, pink, orange, scarlet, crimson, peach, apricot and yellow. Considerable hybridizing is being done to improve old varieties and create new ones, and I daresay that the begonia will be among the first in the list of garden favorites in the very near future.

Shrubs

This is an excellent time to plant hardy shrubs, keeping in mind the following considerations: height, time of bloom, color, texture of foliage, preference for sun or shade, and adaptability to the soil. Keep your *Daphne cneorum* protected in the spring with a cover of burlap held up by four stout stakes so that the tips of its evergreen branches, which bear clusters of pink buds, will not be burned by the sun light. Rhododendrons should be afforded this same treatment.

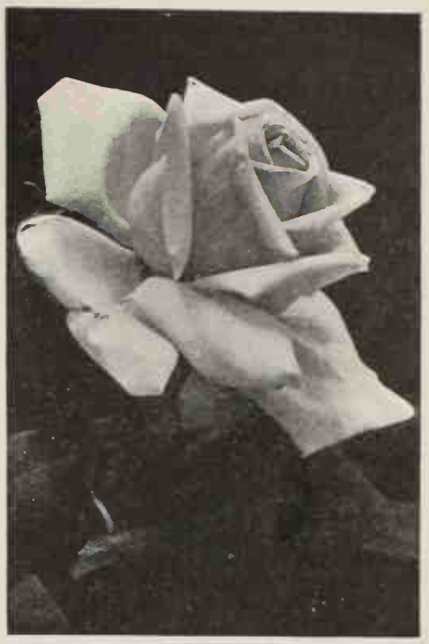
Gophers In Your Garden?

Dr. R. C. Endriss, President of the Rockridge Highlands Garden Club, told us how he got rid of gophers in his garden last season—here is the trick. Place a cooked prune, into the center of which has been placed a drop or two of arsenic, at the entrance of the gopher hole. Since food is scarce at this season, Mr. and Mrs. Gopher, eager to feed their young during this breeding season, will carry the prune back to the nest. And gophers just love prunes! If this works—and Dr. Endriss said it certainly solved his problem—it may go down as a good, good idea.

Kitchen Herbs

The perennial kitchen herbs should be started under glass early in February if you want to get some good out of them this year. Once you learn the art of using herbs in cookery you will wonder how you used to get along without them, especially those fresh from your own garden. Horehound, rosemary, sage, sweet fennel, catnip, sweet marjoram and thyme are the principal ones to be started now.

to gather bay leaves, enjoy the green in a tall vase in some corner, and have ready to pile on the fireplace fire at any particularly gay moment. They burn like fireworks, green or dry.



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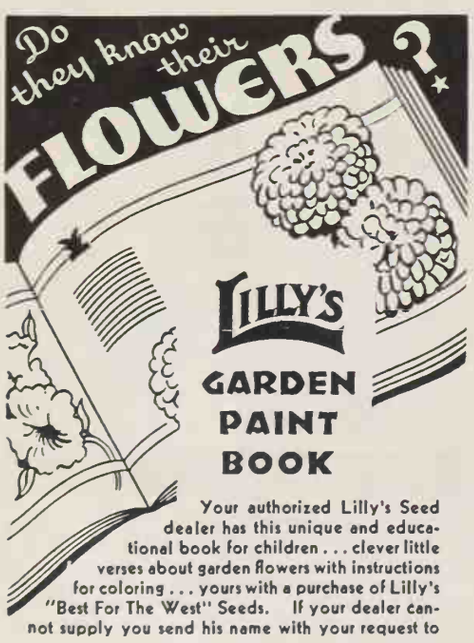

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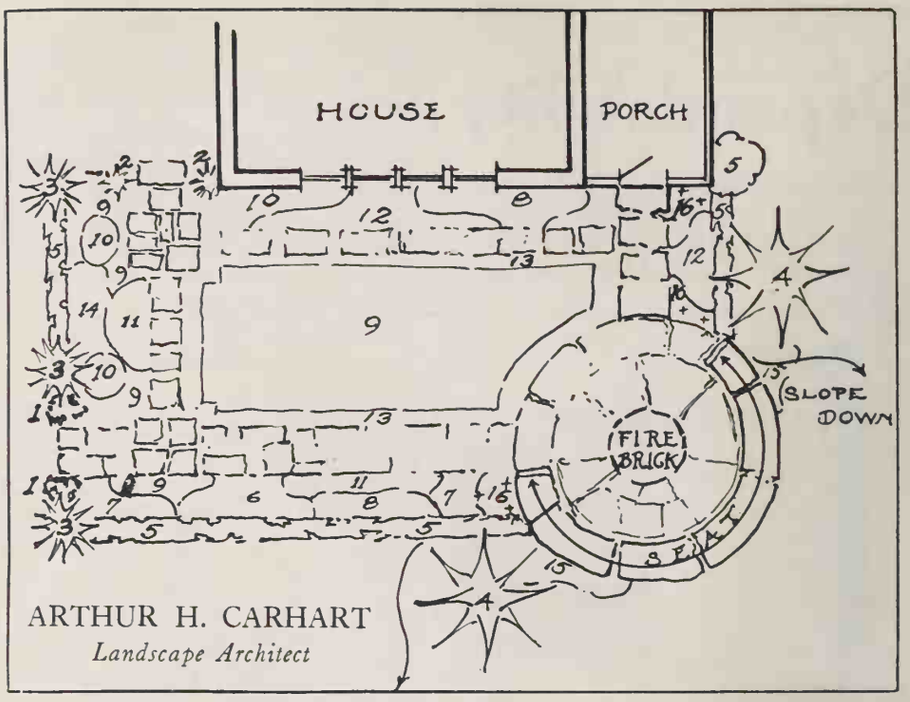

Garden Plan for Mountain Homes

SUNSET readers living in the Rocky Mountain region and in the uplands of the Coastal states have asked for a few garden plans especially suited to their altitudes and climatic conditions. In order to comply with their request we asked Arthur Hawthorne Carhart, well-known landscape architect of Denver, Colorado, to furnish us with such material. This is the first of two such garden plans.

The plan presented here is primarily for an area 24 x 22 feet. If proportions are kept in the same ratio as the central open space, however, the plan can be adapted to a larger plot of ground. In the plan we have an outdoor living room, of geometric form, frankly a flower garden, with the circular stone platform and fireplace for open campfire as the feature. In a country location, the seat shown on the outer curve of the platform may be split logs or rock slabs while in the city it might be a more finished stone or planed lumber. One feature of the plan is the fact that there is no grass to mow; the central panel is all "snow in summer." Between the stepping stones are gravel and a few small stonecrops. All plants are hardy in the mountain states and also in uplands of the West Coast, the only change made being in hedge materials. If the lonicera is used it must be trimmed severely; the others may be allowed to grow at will. Following is the key to planting plan:

1	*Juniperus communis*	Mountain or ground juniper
2	*J. sabina*	Savin's juniper
3	*J. scopulorum*	Colorado juniper
4	*Picea pungens*	Colorado blue spruce
5	*Lonicera bella albida*	Bush honeysuckle
	or	
	Berberis thunbergi	Japanese Barberry
	or	
	Symphoricarpos racemosus	Snowberry
6	*Aster Canbyi*	Rosy aster
7	*A. Porteri*	Porter's white aster
8	*Aquilegia caerulea*	Colorado columbine
9	*Cerastium tomentosum*	Snow in Summer
10	*Delphinium*	Larkspur (garden variety)
11	*Heuchera brizoides*	Pink bells
12	*Phlox subulata*	Ground phlox
13	*Sedum ewersi*	Stonecrop
	or	
	S. kamtschaticum	Stonecrop
	or	
	S. ternatum	Stonecrop
14	*Thalictrum adiantifolium*	Meadow rue
15	*Yucca glauca*	Soap weed or Spanish bayonet
16	*Y. filamentosa*	Adam's needle

This list can be adapted to California uplands and Oregon and Washington by substituting under No. 5, *Mahonia aquifolia* (Oregon grape), *Berberis Knighti* (Barberry), or *Azalea mollis*, the low-growing azalea. Plants listed are hardy.

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Growing Lilies in Interior Valleys

Notwithstanding a popular notion to the contrary, it is quite possible, even easy, to grow beautiful lilies in the interior valleys of California.

As a matter of fact, a well watered and partly shaded garden in such a location presents no greater condition of heat and atmospheric dryness than the slopes of the high Sierras where many of the world's most beautiful lilies have their habitat.

With due attention to deep and proper soil preparation, drainage, shaded root-runs, and sunny overhead for all but Henryii, I have grown successfully and for years, Tiger, Henryii, Madonna, Regal and Elegans, and with more varying success, Auratum and Speciosum. Many of my lilies have been grown from seed ripened in my own garden. Some of them have been grown with only indifferent attention in an ordinary perennial border. This year I am experimenting with Washingtonianum and Pardalinum, two of our most beautiful native California lilies, and also trying again Auratum, the most beautiful lily which grows and the hardest to establish in any locality. I have flowered it successfully several times and gathered seed but have never succeeded in establishing it.

The only special danger to guard against in the valley region is that of damage from late spring frost.

Regal and Longiflorum are especially susceptible to this condition after the first tender growth has started. To guard against this danger, lilies should be planted where the sun will not strike them in the early morning, or till nearly noon, when the frost will be out of the young growth. Sprinkling at this time will hasten the thawing process.

My Madonna bulbs were injured last winter for the first time by the heavy frost, being heaved out of the ground again and again. Belonging to the base rooting class, they were planted shallowly, but for this locality I shall try planting them deeper in the future.—Ida L. Smith, Acampo, California.

THE AMERICAN ROCK GARDEN SOCIETY

THE first formal meeting of the American Rock Garden Society will be held at the Hotel Commodore in New York on March 21, 1934, with Sir William Lawrence, President of the Alpine Garden Society of Great Britain, as a guest of honor. All gardeners who are interested in this phase of horticulture are invited to secure further details about the Society from Mrs. Dorothy Ebel Hansell, Editor of the Gardeners' Chronicle of America, 522 Fifth Avenue, New York.

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Garden Lovers

Skimping tells on gardens just as it does on people. Flowers grow droopy, lawns become barren and trees and shrubs lose their freshness. All these symptoms are unmistakable signs of run-down soil. Here is a plan by which scores of western gardeners are overcoming just such conditions, on a limited budget.

FIRST: Condition your soil with GROZ-IT Pulverized Sheep Manure which is free from weed seeds and supplies the essential organic material and humus to loosen the soil and enable the root systems to breathe.

SECOND: Feed your lawn, plants and shrubs at regular intervals with GROZ-IT "5-10-4," a scientifically balanced Plant Food, based on a formula which has proven most successful for western soils.

Most Garden Supply Dealers already carry GROZ-IT Pulverized Sheep Manure and are rapidly stocking GROZ-IT "5-10-4" Plant Food. If you are unable to get either product, write us and we will see that you are promptly supplied. Send postcard for instructive folder, "A Proved Formula For Garden Success" giving full directions on soil preparation and plant feeding. GROWERS FERTILIZER COMPANY, 108 Davis Street, San Francisco.

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PLANT FOOD
FOR WESTERN GARDENS

Tips for Tenderfeet

(Contributed By California Gardeners)

TRY the common sweet alyssum for that hard-to-care-for corner! It grows like a weed under almost any conditions and will effectively choke out the vast majority of weeds. When it becomes overgrown you have but to clear it out with a rake and give the place a good watering. New plants spring up over night and before you know it you will have a sheet of whiteness again. Alyssum will not stay put as an edging in your flower border, but plant it in front of your shrubs or give it space by itself and you will really enjoy it. It blossoms the year around and your friends will continually marvel at the fragrance of your garden.—Mrs. E. W. Bougher, Gonzales, California.

* * *

An old English garden magazine of the sixties describes "plunging" as an aid to beautifying the home grounds. This odd term refers to the practice of sinking potted plants in beds to furnish bloom without the long wait necessary when plants are grown in the beds. This method can be satisfactorily used by all SUNSET gardeners who have bits of ground where shrubs or hedges have reduced the richness of the soil, so that small flowering plants are difficult to establish. The potted plants may be brought to blooming in a greenhouse or coldframe or in some vacant corner of the garden, and then "plunged" pot and all into the desired spot. This method is also very useful in securing a succession of bloom in shady parts of the garden. For instance, if cinerarias are to be followed by tuberous begonias, one usually finds that the cinerarias continue to bloom well into April and May, and this makes it rather late to start the begonias in the same border. But if the begonias are started in pots, they will be well along by the time the cinerarias are through blooming, and may then be placed in the garden in their containers.—Catherine J. Boyle, San Mateo, California.

* * *

Now that I plan my garden on the back of a large calendar pad, I more nearly do all the necessary work which should be done each month. On the back of each month's sheet, I list the different seeds I wish to plant, the cuttings to be made, the transplanting to be done, the needed pruning to be done and also note the numerous small items that I might forget to do. Then I mark the date of the month upon which each task was done. This really is quite a satisfaction as well as important. It's just like a game to see the month date up and the back items be marked off as work done, often for a year. I supplement my knowledge of gardening by consulting good authorities and reading the last minute news on gardening on the Pacific Coast in Sunset.—Mrs. Alice S. Moorhead, Richmond, California.

* * *

This is a good idea for those who like beet-top greens. Plant a row of beet seeds and as the leaves get to suitable size pick them, being careful not to uproot the young beets. Fresh young leaves will continue to grow as long as the beets are left in the ground. Six months ago a row of seeds were planted and are still furnishing our family with dishes of crisp, tender greens.—Lewis F. McCoy, Culver City, California.

* * *

Save your Easter lilies for they will bloom again if you transplant them to a partially shaded place in the garden. I have one on the north side of the house that has bloomed for three successive years. Last year when our potted Easter lily had faded I transferred it to a bed on the east side of the house, being very careful not to disturb the roots more than necessary. This was accomplished by gently tapping the pot until soil could be slipped out in one piece which can easily be done if soil is not too wet. The result was that the bulb soon began to show new growth and was in bloom again by the first of October.—L. G., Van Nuys, California.

* * *

Carnations do splendidly in this Coast climate. I have about 40 plants and can gather a bouquet of long-stemmed beauties almost anytime. About a dozen with asparagus ferns, or baby's-breath or Michaelmas daisies make a gorgeous show. Some of the plants are several years old and some I started last year. They grow very fast and have lots of blossoms the second year. In the spring time, I take branches down next to the main stem. I prefer those having several little plantlets. These branches can be planted in some out-of-the-way spot, or their gray-green leaves make a pretty border. A little water now and then, and cultivation, are all they need. I label each variety with its name or keep track of it on paper. In the fall, the plants can be moved to their permanent location.

This summer, our grown plants are

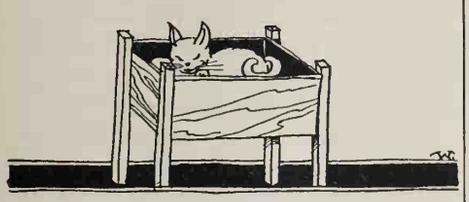
getting very little water. About every six weeks, in the late afternoon, we dig a trench around each and put in a bucket of water. As soon as the water has seeped out of sight, we fill in the trench and no moisture is lost by evaporation. The plant says "Thank you" with more blossoms! To have long stemmed, big blossoms, dis-bud thoroughly, leaving just the top bud. The lower buds break easily where they join the main stem. To do all at once would be drudgery, but a few each day is fun. Keep off all old blossoms by gathering for the house and giving your friends lots of bouquets.—Mrs. Lelia Brown, Watsonville, California.

HELP WITH YOUR GARDEN PROBLEMS

IF you do not find the answers to your individual garden problems in Sunset Magazine, let us know and we will be glad to give you personal advice. Address your inquiries to the Garden Department, Sunset Magazine, 1045 Sansome St., San Francisco, enclosing a three-cent stamp for our reply to you.—The Editors.

CHRISTMAS brought us two gifts from SUNSET herb gardens which may be of interest to some of you. One of the remembrances was a kitchen herb wreath made of rosemary, thyme, basil, bay leaves and sage, neatly fashioned and tied with a bow of gay red ribbon; the other was a precious pot pourri of herbs, made of old-time roses, scented geraniums, sweet verbena, sweet woodruff, lemon thyme, scented cedar, orange mint, marjoram and spices, all sealed in a neat cellophane bag and smelling exactly like a delicious hot mince pie. We keep the pot pourri in a jar on the kitchen shelf, while the wreath gaily swings above the range, all ready to season our stews and soups and salads. The pot pourris, by the way, are made by one of our SUNSET readers who grows herbs commercially. She sells the fragrant packages for twenty-five cents each.—L. R.

~~ It's a Good Idea ~~~



to make for your dog or cat a four-poster bed, two feet off the floor, draftless, and easily cleaned. Such a bed is the type used in many kennels. Fill a sack with excelsior, not too full, and stitch it for a mattress.

Mail the Coupon for **Germain's New Garden Book** *Free*

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WE have a limited number of copies of the excellent leaflet, "Planning the Rose Garden," by Francis E. Lester. If you would like to have one of them, send in your request immediately. This leaflet will not be available after March 1.

Sunset Garden Dept., 1045 Sansome St., San Francisco.

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Our Western Wonderland

A New Nature Department By
C. FRANK BROCKMAN

UNLIKE the leopard the ptarmigan *can* change its spots. Now, perhaps, you are wondering just what sort of a thing labors under a term that has every earmark of being a survivor of crossword puzzle days. Yet if your interests have ever carried you into the "high country" of the mountains during the fine days of early summer you have probably made the acquaintance of this peculiar bird with the peculiar name. The ptarmigan changes color with the season. During the months of winter these birds are snow white. Spring finds them partially white and partially gray —as in the accompanying photo—but as summer approaches they are generally gray in color and it is a keen eye that can distinguish them from the barren, rocky background of their alpine abode. Again, in the fall, they will resemble the appearance of a patchwork quilt as they change to their winter plumage.

Why? Well, hark back to the days of the war and the word camouflage. Man didn't invent this process. Many things in nature had been making use of camouflage for ages and the ptarmigan is one. The bird is utterly defenseless and, of course, falls prey to many predatory animals. Yet were it not for its protective coloration many more would succumb to the fangs of enemies "on the loose" for a square meal.

My first meeting with a ptarmigan occurred in the high rockies of Colorado. In climbing a rugged peak we were obliged to traverse an area of loose rocks and boulders so characteristic of the region near the summit of many mountains in that section. A rest was decided upon and all members of the party sank wearily to the nearest rock that appeared to be most comfortable. Imagine my surprise when the "rock" that was to be my resting place quickly moved to one side. The bird so nearly resembled the rocky terrain that even at such a short distance had passed unnoticed. Since then I have seen ptarmigan at all seasons and under all conditions and have always found him equally invisible to the naked eye unless one is continually alert to catch the faintest movement. In winter, clothed entirely in white, they are the most invisible things I have ever seen. On sunny days their shadow is generally noted before the bird, ghost-like, is seen stalking slowly across the snow. Only the eyes and beak are readily visible and in this regard someone has said that a ptarmigan in winter resembles a pair of shoe buttons in a snow bank—which is an apt description.

So if you can't afford a new suit this season envy the ptarmigan. He gets four of them every year!

Namesakes of Famous Pioneers

HISTORY repeats itself many times in the names of our western plants and animals! In the early days many expeditions were accompanied by trained naturalists, or the trail blazers were instructed to carefully observe the plant and animal life of the region through which they passed. This was of considerable importance in ascertaining the nature of the soil, the natural resources, habits and culture of the native people, etc. Upon these things depended the practical value of an area to the nations that were jockeying for a firmer foothold in western America.

Thus we find the name of David Douglas immortalized in the great tree now known as the Douglas Fir. Lewis and Clark have many plants and animals named for them for, in most cases, they were the first to bring these to the attention of science. Lewis' Mimulus, a well known plant of the western mountains, Lewis' Woodpecker and Clark's Crow are a few of these. Stellar's Sea Lion was named thus in honor of the naturalist who accompanied the Russian expedition under Bering upon his ill-fated journey along the Alaskan coast in 1741. The ship was wrecked and Bering and many of the crew died. It was the resourceful Stellar who, through the knowledge of plant and animal life of the north gained by his observations, fed the survivors and finally led most of them back to the coast of Siberia.

So perhaps in the name of some familiar plant or animal that you will observe this coming summer lies a story of romance, adventure and hardship encountered in the winning of the west.

Editor's Note. — This is the new Nature Lore Department. Let us know, please, how you like it and what outdoor subjects you would like to see discussed in the future.

The Sunset Book Shop

Five Books You Will Enjoy Owning and Giving

Garden Flowers in Color

by

G. A. Stevens

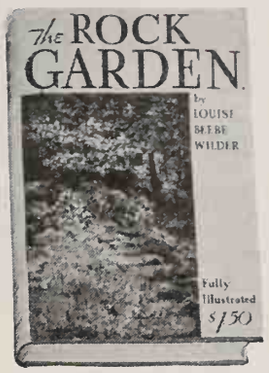
300 Pages in Color
$3.75

WORDS are inadequate to describe this outstanding new garden book, every page of which is reproduced in beautiful color. The book is, in fact, a pictorial encyclopedia of flowers, describing, in word and in picture, practically everything from abelias to zinnias. It is printed on exceptionally fine paper stock and bound in neat serviceable covers. A grand book for the home library or a cherished gift for the home gardener. With "Garden Flowers in Color" you will really learn to identify all of our common flowering shrubs and flowers. A Macmillan publication.

The Rock Garden

by

Louise Beebe Wilder



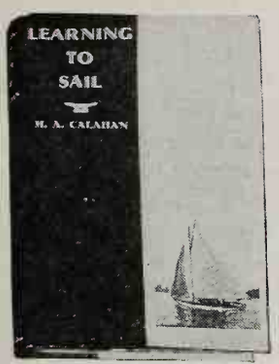
Fully Illustrated
$1.50

WHEN Louise Beebe Wilder writes a garden book the reader is assured of authentic, practical garden information, for Mrs. Wilder is one writer who really knows gardening in all of its many phases. Particularly is she well versed in rock gardens, which means that her new book "The Rock Garden" will prove a valuable addition to your library. One of the best features of this volume is the list of rock plants, alphabetically arranged, in which complete growing conditions are given. Although the price of this book is low, the printing and paper are good and the illustrations plentiful and helpful. A Doubleday Doran book.

Learning to Sail

by

H. A. Calahan



Revised
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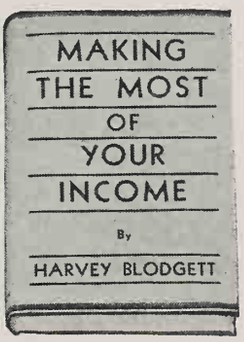
"LEARNING to Sail" gives just the information one needs to take out a small boat and bring her back in safety. It is essentially a practical book and includes all the things the amateur sailor needs to know. The author presupposes no knowledge of boats and teaches sailing as if he and the reader both had their hands on the tiller. The book grew out of the author's 33 years of sailing small boats and answers the questions which every young (or old) sailor needs to know. Published by the Macmillan Company.

Making The Most of Your Income

by

Harvey Blodgett



Good Value
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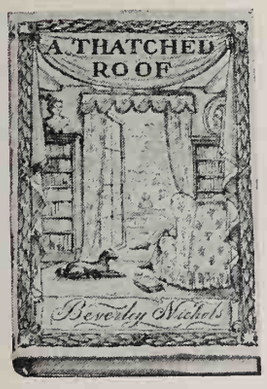
IF you are having budget troubles, take a look at this book. Unlike many books on money management, this is a practical guide to spending. It tells how to plan and manage the budget; it explains the why and wherefore of life insurance; it offers guidance to parents who wish to teach their children how to spend and save money wisely; it tells in simple language how to build up an estate, or, at least to provide for one's dependents. The author is well known in the economic world. A Macmillan book.

A Thatched Roof

by

Beverley Nichols



Delightful
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THOSE of you who read "Down the Garden Path" by Beverley Nichols will welcome this companion volume, "A Thatched Roof," written in the author's same delightfully whimsical style. "A Thatched Roof" is not essentially a practical book, but between its covers the reader will find bits of philosophy and information that will be unconsciously filed away in the mind for future reference. If you have ever tried to make a home, "A Thatched Roof" will be a joy to you. We commend it to your reading. Published by Doubleday Doran and Company.

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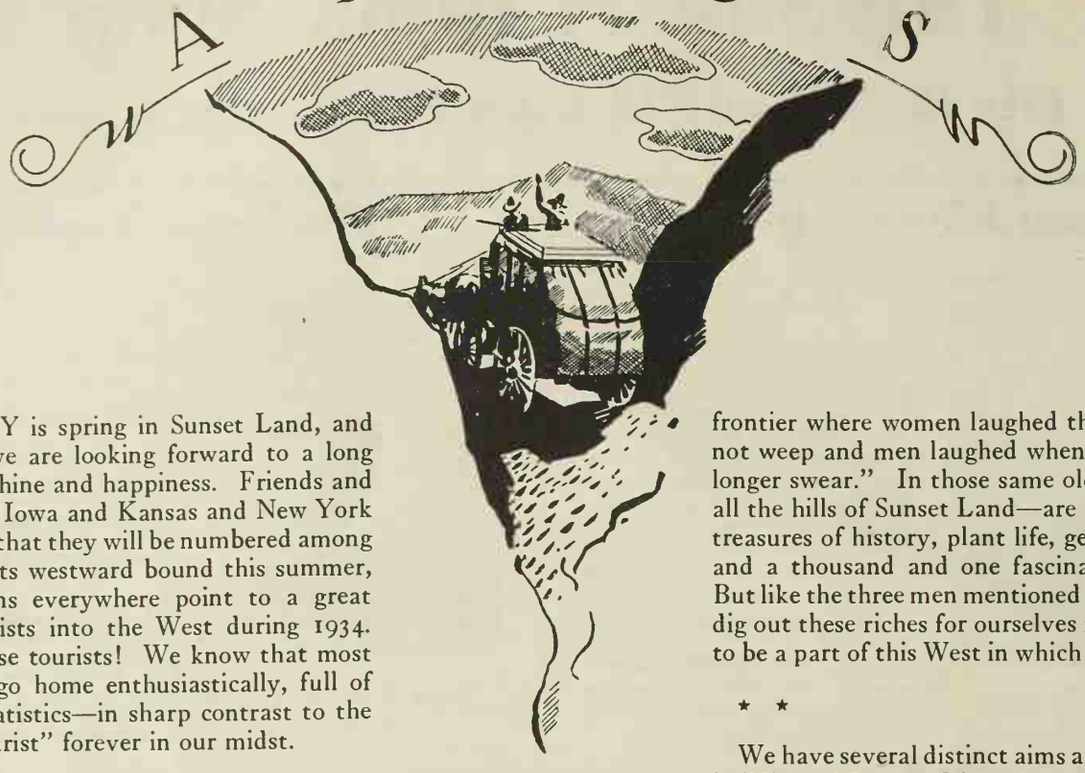

FEBRUARY is spring in Sunset Land, and already we are looking forward to a long season of sunshine and happiness. Friends and relatives from Iowa and Kansas and New York are writing us that they will be numbered among the vacationists westward bound this summer, and indications everywhere point to a great influx of tourists into the West during 1934. We salute these tourists! We know that most of them will go home enthusiastically, full of stories and statistics—in sharp contrast to the "perennial tourist" forever in our midst.

* *

A "perennial tourist" is one who has immigrated to Sunset Land (he may even have been here for years) but who has never really become a part of it. When friends and acquaintances arrive from the East, he proudly and usually rapidly escorts them through our parks. He drives them to the seashore; he shows them the big trees; he points to the hills and gives a selling talk on the sunshine. With all of his swagger and self-assuredness, however, he is, himself, just a tourist—a stranger in his home land. Let the newcomer interrupt him long enough to ask what varieties of pines have the long cones, or to inquire about the action of the tides, and see how inadequate are his answers. The perennial tourist knows the highways leading to the Mother Lode Country and the landmarks on the Oregon Trail, but remembers practically no accurate history of those romantic regions; he is delighted to show off the great sheets of wild flowers that drape the hillsides, but can identify less than a dozen varieties of them. In all of his trips, he actually observes less than the average tourist who is seeing it for the first time.

* *

During the 1860's three men who were later to become famous explored the Sierra ranges lying to the north and west of Yosemite. This land had already been combed over by '49ers searching for gold, and most of the wealth had presumedly been taken away. Even so these three men found great riches. John Muir, the naturalist, found the wealth of natural beauty—beauty which has been handed down to us in actuality and through the descriptions of plant and animal life found in his pastoral writings. Bret Harte discovered the first American short stories buried in those same hills; and Mark Twain found a new brand of humor, the western humor "that grew out of the battle of the frontier where women laughed that they might not weep and men laughed when they could no longer swear." In those same old hills—and in all the hills of Sunset Land—are still buried the treasures of history, plant life, geology, beauty, and a thousand and one fascinating interests. But like the three men mentioned above we must dig out these riches for ourselves if we are really to be a part of this West in which we live.

* *

We have several distinct aims and hopes in the building of SUNSET Magazine. Above all else, however, we want to take you joyfully on these western highways, along western garden paths, down the trails of the romantic past into the glorious West of tomorrow, opening up visions and offering ideas that will help you to get more real enjoyment out of living in Sunset Land. We want always to remind you of the happiness that is found in the simple things of life, such as in pounding the last nail in your own cabin roof, in serving an extra-good Sunset dinner, in building a tiny rock garden, or in stumbling onto a fragile chaparral lily on a walk through sunlit redwoods. If we can bring you a part of the beauty of the West through the pages of this magazine, and in every paragraph encourage and help you to get more sheer joy out of everyday living, we shall be happy, indeed.

* *

It was just five years ago this very month that the first of the New SUNSETS made its appearance, that is, SUNSET under its present ownership and with its present editors. This hasn't been a particularly easy time for most magazines, but through your fine cooperation and encouragement, we have steadily gone ahead and now the road before us looks decidedly brighter. With more editorial space (you will see that this February issue has several more pages than usual) we hope to give you a finer, better magazine in every way. But we must have your help in the future as we have had it in the past. You must tell us what you want in this magazine of yours. You must pass along your garden and kitchen discoveries. You must tell us about the new vacation trails that you have explored. You must call the attention of your friends to this one and only All-Western magazine. Together we can, and will, build a great magazine, for the greatest empire in all the world — Sunset Land.
—Lou Richardson.

. . . AS THOUGH A GIANT HAND HAD *Smoothed* IT!

Such will be your first-glimpse impression of this revolutionary, *tuftless* inner-spring mattress. All your life you've known mattresses as puffy, waffle-like things—their ticking and "insides" tied together with tightly drawn cords. . . . Because it was the only method mattress manufacturers have had. Today it is outmoded—old-fashioned—crude in comparison with that used in the Perfect Sleeper.

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Through demonstrating models, your department, furniture or house-furnishings store will gladly show you why the Perfect Sleeper is by all odds the most comfortable and longest-lasting mattress you've ever seen; why it is permanently shape-holding and easy to dress and keep sanitary; why the ticking can't become loose, flabby or weakened in spots; why the springs can't lean, overlap or pierce the padding. Investigate—today! Beautiful new damask pattern and colors. Pacific Coast price, $42.50. Sleeper Products, Incorporated, Daily News Bldg., Chicago. Factories in twenty-eight cities.

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But a revolutionary new-type spring-filled mattress that holds its shape. Stays cleaner. Wears longer. Supports your weight evenly — molds itself smoothly to every curve of your body like a fashioned glove!

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LANCASTER, PA., Herr Manufacturing Co., 118 S. Christian Street.
NEW YORK, N. Y., Arnold W. Becker Co., Inc., 780 E. 138th Street.
PHILADELPHIA, PA., Honorlilt Products, Inc., 127 Catharine Street.
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DENVER, COLORADO, Colorado Bedding Co., Mississippi and S. Sherman Sts.
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INDIANAPOLIS, IND., The J. C. Hirschman Company, 1201 E. Maryland Street.
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MILWAUKEE, WIS., Marquardt Company, 3020 W. Clarke Street.
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CHATTANOOGA, TENN., Chattanooga Mattress Co., 426 Chestnut Street.
MEMPHIS, TENN., National-Rose Spring and Mattress Co., 767 Kentucky Street.
NASHVILLE, TENN., Jamison Mattress Company, 810 Eighth Ave., North.

WEST

LOS ANGELES, CALIF., Sleeper Products Company, 1856 West 60th Street.
PHOENIX, ARIZ., Ingraham Mattress & Mfg. Co., Inc., 6th and Grant Streets.
PORTLAND, ORE., Pettit Feather & Bedding Co., 2337 N. W. York Street.
SALT LAKE CITY, UTAH, Salt Lake Mattress & Mfg. Co., 535 West Broadway.
SAN FRANCISCO, CALIF., Simon Mattress Manufacturing Co., 1777 Yosemite Ave.

PHOTOGRAPH BY PAUL L. MILLER

Sunset across Green Lake, Seattle

Sunset Gold

HAVE you been playing with the idea of having a "nervous breakdown"? You have been terribly tired, fatigued in body and spirit; you have been feeling that life has little to offer except petty difficulties and disappointments; you are convinced that no one really appreciates what you do for him; in short, you are thoroughly fed up with yourself and everyone else, but mostly with everyone else. What shall you do—go ahead and have a "nervous breakdown" and really occupy the center of the stage that you have been coveting for some time, or what?

Well, before you decide definitely to let yourself go to pieces, will you do one thing? Go outdoors to some sunny spot, alone, and just sit or lie in the sunshine for a whole hour. Don't lecture yourself. Don't think at all! Just wash out of your mind every disturbing idea, and let peace and sunshine fill your whole being.

It doesn't matter where you go to take this sunbath of the soul. It may be the edge of some quiet willow-bordered lake or tiny pond; either is better in this case than the ocean, which is too stimulating for our purpose. It may be the middle of a vast plain or desert, walled with misty blue distant hills and carpeted with lake-like sheets of baby blue eyes or sunshiny "fields of gold." It may be an orchard where almond blossoms like soft pink snowflakes drift down upon the greenest of grass. It may be the top of a mountain pass where you sink down in a fairy garden of tawny "johnny-jump-ups," brodiaea, gilia and lupine, and look off across round green hills and flat green valleys to platinum-topped mountains beyond.

Sitting there alone, with your mind full of nothing but the peace and sunshine of the moment, certain conclusions are bound to come to you. One, that a "nervous breakdown" is a total waste of perfectly good time which might much better be spent in having fun! Another, that the only person who can actually change you for the better is yourself—and that any individual who is intelligent enough to recognize that he has certain bad habits of thought and action is intelligent enough to take steps to overcome them!

How is that to be done, you ask? By substituting better habits, of course. This re-education of a personality is a long-drawn-out affair, and requires endless will power, but it can be accomplished.

I am not speaking of persons who have organic mental defects, but of those who have minor functional disorders which, with encouragement, may easily grow so great as to wreck one's life. The habit of feeling sorry for oneself, for example, is, I suspect, one of the commonest contributory causes of "nervous breakdowns." And what an unattractive habit it is! Instead of exciting the sympathy of others, it provokes actual antipathy—which thereby causes more self-pity, and so the vicious circle goes rolling on and on.

IF you are inclined to be a moody, introspective, self-centered individual, don't take pride in the fact, but start right now to do something about it. Don't fight with yourself; try the peace cure first. Let the ultra-violet rays of the clear spring sunshine penetrate your mind and heart and soul, killing the ugly little germs of bitterness and self-pity. Adjust your living to include some time for real play, preferably in the sunshine—picnics, hikes, swimming, golf, what you will—and you will never need to worry about such things as "nervous breakdowns."—G. A. C.

Ours is a Year Round Rock Garden

By
J. Bert Forbes
Puyallup, Washington

WHEN it came to building our rock garden we had very definite ideas about it. We wanted one that would be attractive in winter as well as in summer. It must be placed in full view of the house where we could enjoy it to the utmost, yet it must fit appropriately into the general plan of the garden. Since it was to be illuminated, the placing of lights was to be considered. Then, since our state of Washington is, in itself, one huge rock garden, we wanted to use a few native plant materials.

With the help of the entire family and most of our friends the rockery is now finished and I stand proudly by, ready to talk rock gardens on any and all occasions. I do not propose to pose as an authority on the subject, but what I have found out from experience may be of help to Sunset readers.

Having selected the site for your rock garden, the first thing is to get your rocks. Almost any rocks—except the freakishly colored ones—will do. We picked them up along the highway, in stony fields and along mountain streams, hauling them home in the car, using burlap to protect the floor and paint. Our friends joined in the hunt, bringing us souvenirs from their many vacation trips until we now have rocks from at least half the states in the union. One friend even stalked them by flashlight.

In preparing the ground for the rockery spade it well and place the rocks within the spaded area, dropping them a foot or more to give a firm setting, with

One view of our rockery showing the general arrangement of our rocks and plantings

Our Year Round Rock Garden

(*Continued from page 7*)

a tendency to lean toward the center of the rockery. Make the outline irregular and keep the top line waving by using rocks of different heights. Do not use a tapeline, yardstick or any other measuring device for spacing, or you are likely to get it too exact. Trust your eyes. Make it look right and it will be right. After all you are the one most interested so if it suits you it will probably suit everyone else.

For the soil pockets a mixture of one-half river sand and gravel and one-fourth peat moss and one-fourth loam well settled with water as you put it in will do very nicely. Most of the alpines are well equipped by nature to provide an ample root system, which they will do readily in this gravel mixture. This not only adds to their vitality but lessens the care they require in the hot, dry days of summer.

Fertilizer and Drainage

Do not use a fertilizer at first but wait until your plants show a need for it. The beauty of many choice alpines lies in their diminutive compactness and the object of a gardener is to retain this as far as possible. This is difficult at all times but extremely so if strong fertilizers are used. Probably the leaf mold and loam added from time to time for removals and losses will take care of the fertilizer problem for you.

Drainage has far more importance in the construction of a rockery than it is usually accorded. Many of the choicer rock plants will not thrive, and not a few will die entirely, if the water from heavy winter rains does not drain away from their crowns immediately. The sand and gravel used in the filling mixture provides this sharp drainage.

The size of your rockery is of course optional. Do not get it too large at the start for you can enlarge it from time to time, you know. These are good proportions: length, sixteen feet brought by irregular lines to a rounded point on either end, width about seven feet at the widest point, the front elevation should vary from three to fourteen inches and the rear from three to thirty-six inches. There should be quite a steep slope toward the front from the highest point near the rear center with a more gradual slope toward either end.

The photograph on page 7 gives some idea of how one of our rockeries looks. The planting in this one is rather unusual as it occupies a central position and must compete with the rest of the garden during the heavy flowering period as well as give us an evergreen beauty spot in winter. We think it succeeds admirably in doing this and our opinion seems borne out by the expressions of approval of the many people who view it. With the exception of the large iris shown at the left, *Iris pseudacorus*, very little change takes place in the general effect at any time of year.

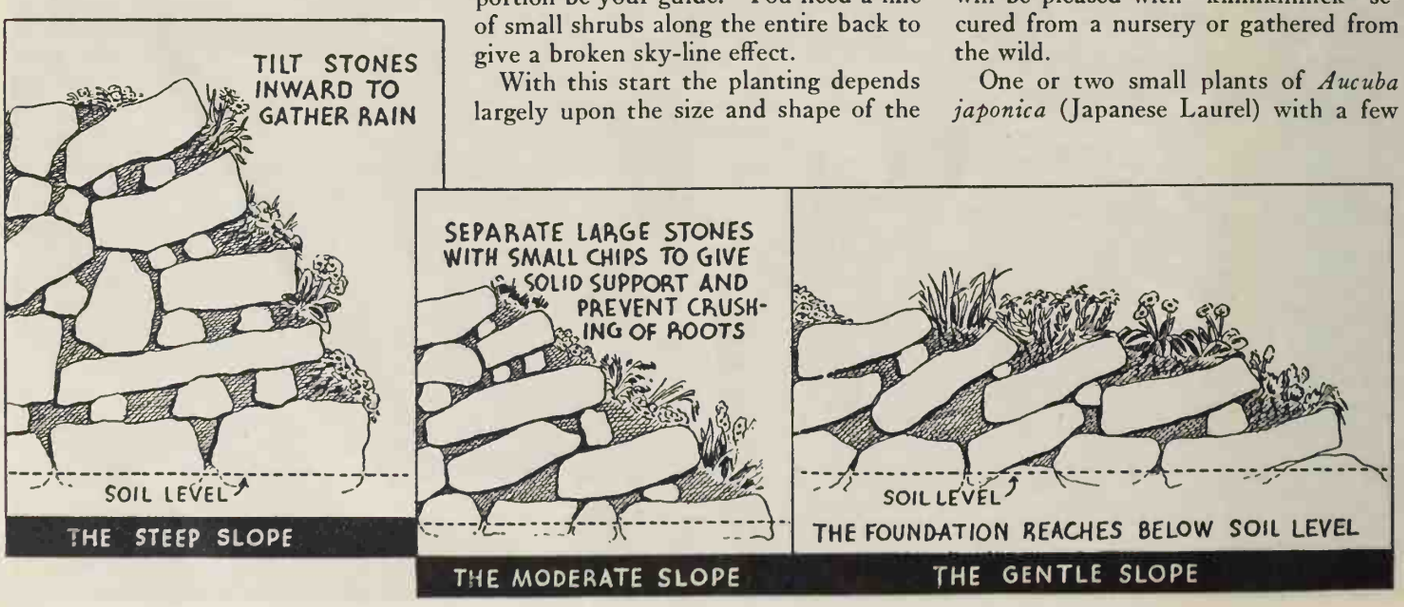
The Shrubbery

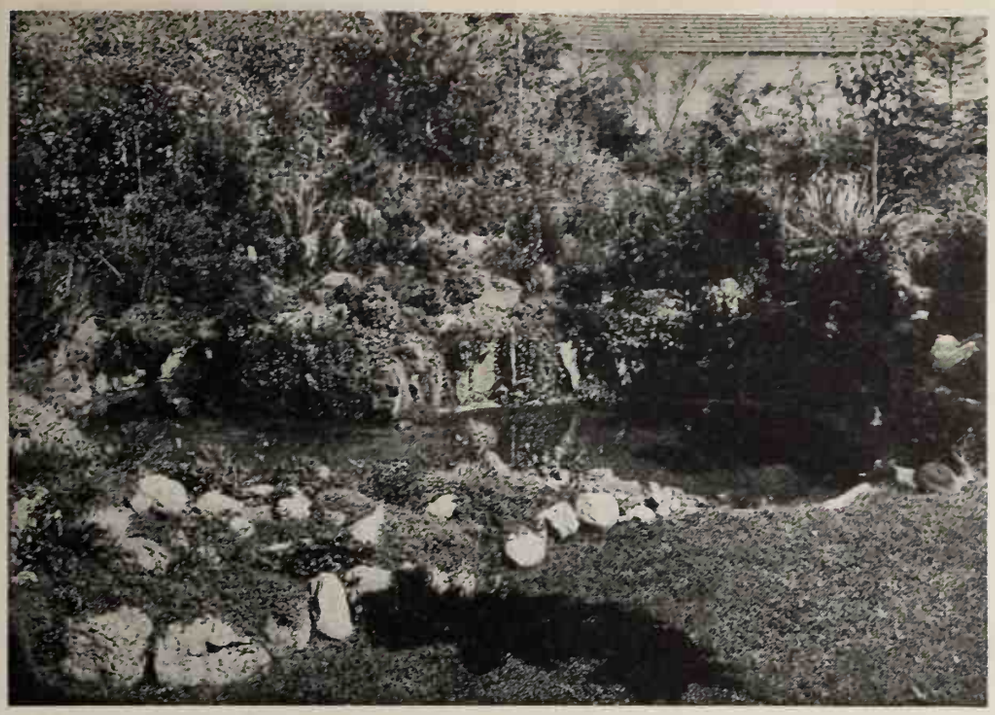
I will describe how this rockery is planted, or better still, tell you how it would be planted now. Place *Pinus mughus* (Mugho Pine) near the back at the highest, widest point. A *Cryptomeria compacta* and *Juniperus chinensis* dividing the distance to either end will give you three points toward which to work. These three shrubs should be a little larger than the others but do not try to match them. Let your sense of proportion be your guide. You need a line of small shrubs along the entire back to give a broken sky-line effect.

With this start the planting depends largely upon the size and shape of the plants you have at hand. For this pack line *Taxus baccata fastigiata* (Irish Yew), *Picea excelsa* (Norway Spruce), *Retinospora filifera aurea nana* (Thread-like Cypress), *R. plumosa aurea* (Plumed Retinospora), and some of the smaller thuyas will give you a good effect. You might exercise your artistic ability on these. They come tinged with white or gold, some plume-like, drooping and graceful, others stiff and rugged.

Heathers in various sizes will work in at random over the entire rockery. Without hesitation I can vouch for Mediterranean Hybrid, winter blooming, lavender-pink; Carnea, winter blooming, bright pink; and Golden, sprawling, pink foliage in winter; also Bell Heather in purple and white, summer blooming. All of the above like an acid soil so a little leaf mold or peat worked in around the roots when you plant them will be appreciated and give them a chance to change soil conditions for themselves. For a plant to droop over the edges, you will be pleased with "kinnikinnick" secured from a nursery or gathered from the wild.

One or two small plants of *Aucuba japonica* (Japanese Laurel) with a few

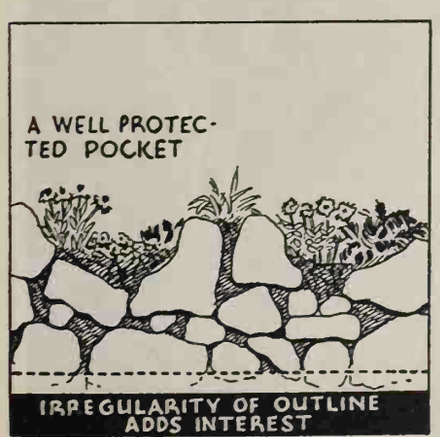

TILT STONES INWARD TO GATHER RAIN
SOIL LEVEL
THE STEEP SLOPE
SEPARATE LARGE STONES WITH SMALL CHIPS TO GIVE SOLID SUPPORT AND PREVENT CRUSHING OF ROOTS
THE MODERATE SLOPE
SOIL LEVEL
THE FOUNDATION REACHES BELOW SOIL LEVEL
THE GENTLE SLOPE



Showing the plantings at rear of pool. Note that a feeling of height has been obtained by use of shrubs

small *Azalea hexi* (Firefly) which turns bronzy-red in winter time will give color variation. Now with a procumbent shrub or two, for end accents, you will be ready for the smaller things. Try a *Juniperus Chinensis alba-verigata prostrata* on one end and a *Juniperus canadensis aurea* on the other. By this time your rockery should look well filled, with here and there an ideal spot for some good alpine. You may find a place for a *Cotoneaster Henryii* which is not procumbent, though low growing and evergreen. Around the front edge wherever the drop is not more than six inches plant *Thymus serpyllum lanuginosus* (Woolly Thyme). It grows fast and will give an aged appearance to your work sooner than anything else. *Thymus serpyllum album* (White Thyme) and *Thymus serpyllum coccineum* (Red Thyme), both hardy, rock hugging creepers, are good and give variety.

There are a few low growing, evergreen pentstemons, natives of the Pacific Northwest of which *Pentstemon rupicola* and *Pentstemon Menziesi* deserve special mention. *Pentstemon rupicola* is a real garden gem, for its usefulness is not at all confined to rock gardens and with its mass of tiny blue-green, leathery leaves on creeping, woody stems it is a beautiful thing at all seasons. Its trumpet shaped pink or red flowers of startling size and beauty appear on short flower stalks in the spring and again in the fall. This added to its wonderful foliage easily places it well at the top of the list of all rock garden plants. *Pentstemon Menziesi* is quite variable and I cannot as highly endorse it for that reason, although the ones I have are perfect beauties. They have smaller leaves than *Pentstemon rupicola* and are of a lighter green color, more waxy and always look fresh. If I were sure you would be so fortunate as to get plants like mine I would give them the highest endorsement too. Both are fine things, however, and you cannot afford to pass them up. You will be delighted with two or three of each placed in conspicuous places. They are evergreen and do not grow rapidly.



Among the Natives

Another very choice Northwestern native is, *Silene acaulis*. It is compact, low growing, has a long blooming period and its tiny, pink, almost stemless, star shaped flowers endear it to all who see it. *Synthyris reniformis* (Spring Queen) planted well back under some of the larger conifers will give you many moments of joy. It has beautiful dark green leaves with waved and scalloped edges, bears handsome three-inch spikes of pleasing blue as early as January and for several months following. It likes the shade and will be pleased with an extra helping of leaf mold when planted. A recently discovered, unnamed variety is better than *Synthyris reniformis* though I am not sure that it is available yet. If it should be, take it.

There are two plants you should strive to get and they are the only two described in this article that are not evergreen. They both disappear entirely for long periods so should be planted where they may be marked with crossed wickets of galvanized wire and where they will not leave an unsightly blank during their dormant period. *Mertensia longiflora* or *M. pulchella* is the first, but do not confuse it with any other mertensia. It stands in the first rank, is unbelievably lovely, with its few big blue green basal leaves and two or three smaller stem leaves with huge clusters of pendant trumpets of for-get-me-not blue. The buds show pink as do the early flowers. It is fussy, likes the shade and will test your skill but success will pay you well for your efforts. The other is *Lewisia redeviva*, named for Lewis of the Lewis and Clark Expedition. It is not at all fussy though very peculiar. Give it full sun. At the junction of several clubby roots a crown of long fleshy, needle-like leaves will appear with the fall rains and in mild climates remain green all winter. If frozen down they will again appear in the spring to give place, as hot weather comes, to the fat gray or purple buds on two inch stems As the buds open the leaves entirely disappear leaving beautiful three inch water lily like blossoms of delicate waxy pink. The effect is startling and beautiful. I have seen more than thirty of these large flower buds on one plant.

Other Choice Plants

Daphne odora, the sweetest of all fragrant shrubs with its glossy evergreen leaves edged with yellow, adds color and distinction to any planting. The flowers are clusters of light pink early in the spring.

For carpeting the ground sedums are unexcelled. *Sedum glaucum*, with two-inch blue green foliage and *S. lydium*, with two-inch dark green foliage, red in winter, will combine nicely. Plant at will wherever places are found. *Arenaria balearica*, dark green, is also good while *Saxifraga decipiens* will give a lighter green mat.

There are many other fine plants, some of which you will add as time goes on but the ones mentioned will give you a rockery of harmonious design that you can watch and enjoy every day of the year as each plant undergoes its seasonal changes in growth and color variation.

Editor's Note: The drawings on this page are reproduced from "The Garden Note Book" by Alfred Putz. (Doubleday Doran and Company, $1.50.) We recommend this practical manual.

Blazing star (Mentzelia lindleyi), yellow flowers, red centers, thistle-like foliage

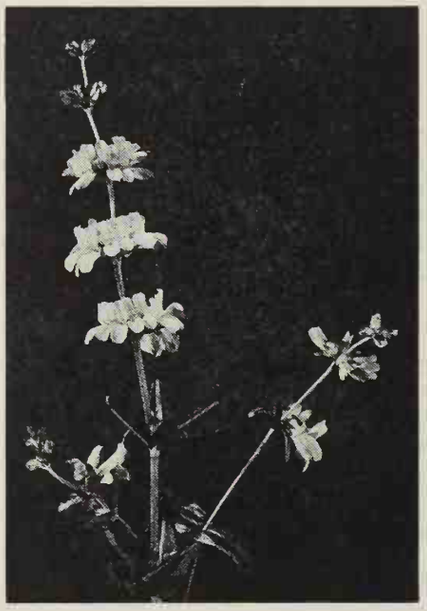
"Ithuriel's spear," one of the many brodiaeas. Its blossoms come in clusters

This lovely blue pentstemon (P. laetus) finds its home in the Sierra altitudes

How Well Do You Know

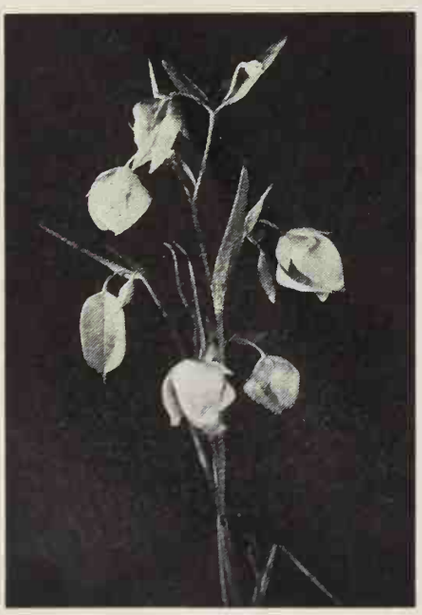
PHOTOGRAPHS BY

Above: Pussy claws, so-called because of the tight green curls which form the flowers—the botanical name is Phacelia californica. Below, fairy lantern (Calochortus albus)



Chinese houses (Collinsia bicolor) come in pinks and lavenders. Note arrangement of flowers on stem, thus suggesting the name. Below: Velea hartwegii, of parsley family

Call them pansies, johnny-jump-ups or what you will. By any name they are favorites of the viola family. Below: the popcorn flower with gray-green stems; white blossoms



Godetia commonly called "Farewell to Spring" bears pink, cup-like blooms

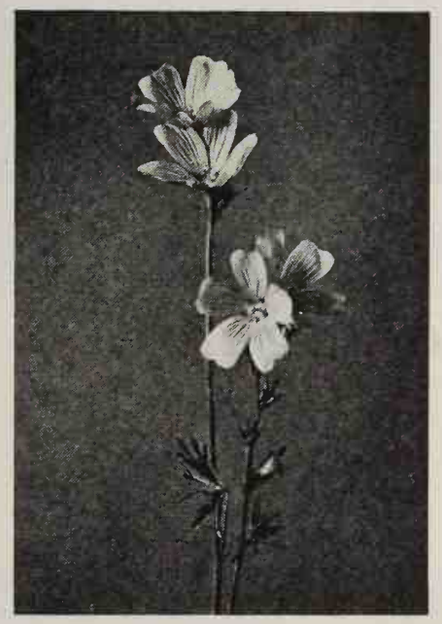
One of the lily family—Calochortus venustus (Butterfly-mariposa). Many shades

In the fluffy dandelion no yellow bloom precedes the exquisite white pompon

Your Western Wild Flowers?

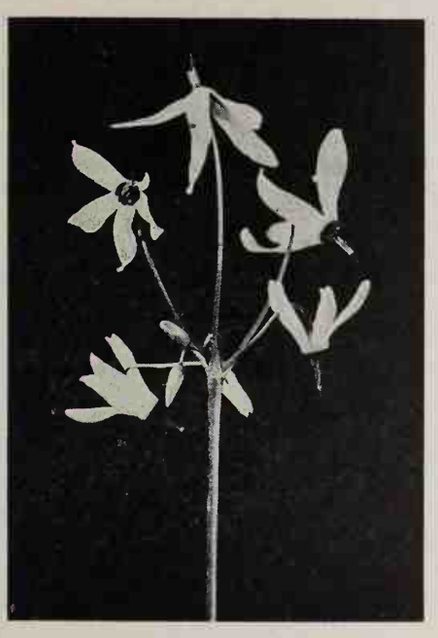
J. F. CHAPPELL

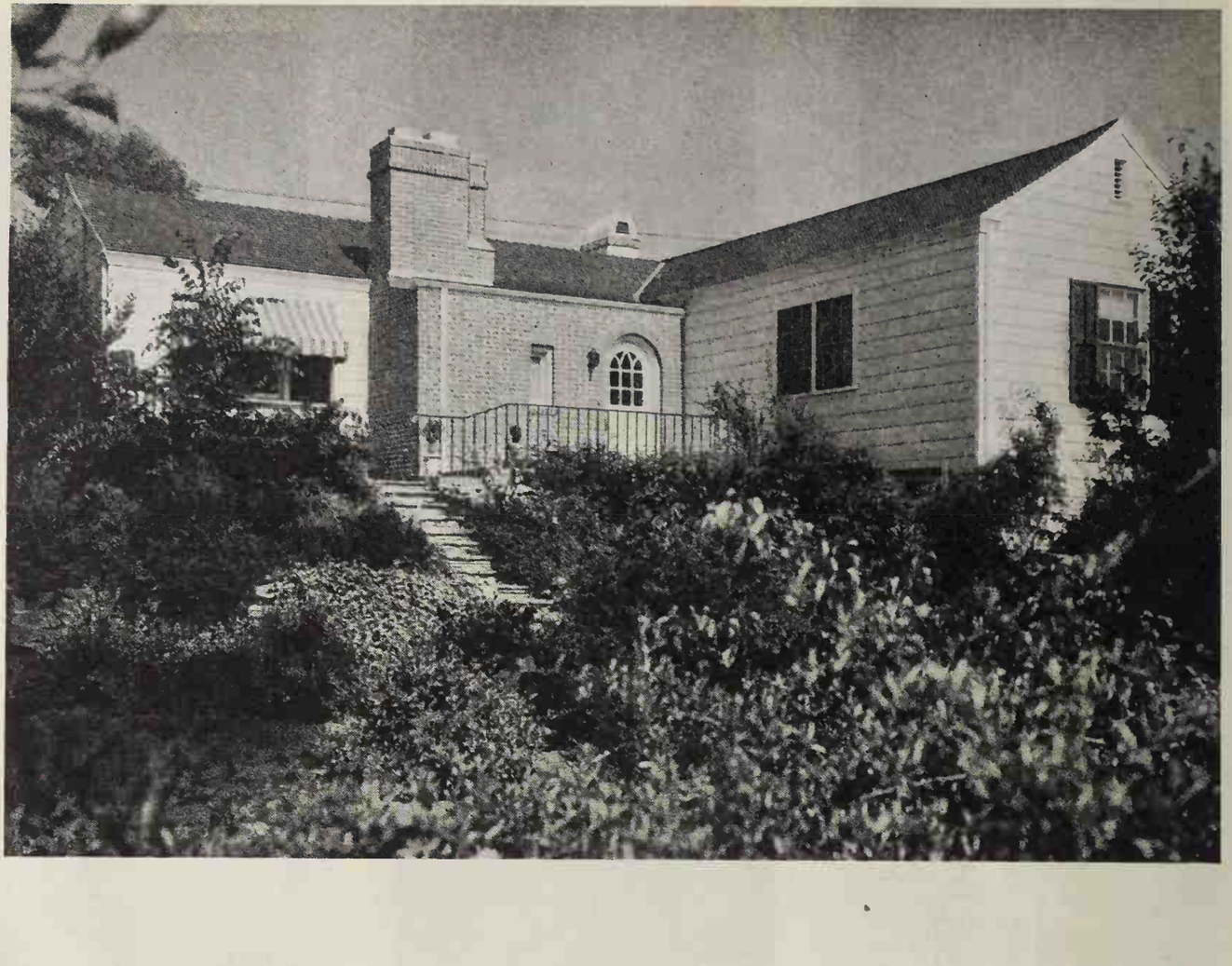
The purple lupine (Lupinus succulentus) is known to all. Below is the shooting star (Dodecatheon alpinum), first cousin to the cyclamen. Both are common to the West



The pink mallow looks like a miniature hollyhock; its real name is Sidalcea diplosycypha. Below: Fritillaria lanceolata, checker lily of the fritillaria family—hard to find

The owl clover in all shades of rose (figwort family), blooms over a long season. It is a bit coarse looking when compared with the dainty gilia below (Linanthus androsaceus)





A Colonial Cottage in a California Setting

The entrance is a happy combination of formal New England and informal California

AN excellent example of the New England cottage style adapted to a small, one-story house in California is shown on these pages. It is the home of Mr. and Mrs. Breo Freeman, La Canada, Pasadena, and was planned by Mr. Freeman, a well-known architect of Southern California.

The house is of twelve-inch clapboards painted white, in the Colonial tradition, with green shutters and green shingle roof. The brick of the chimney extends to include the front entrance door, thus affording a variation in texture. A simple wrought iron railing encloses the brick terrace in front of the house.

In the rear a second small brick terrace flush with the level of the lawn affords a secluded spot for outdoor living and dining. Elms, locusts, mulberries and other deciduous plant materials have been used near the house, to offer foliage harmonious with this type of New England architecture.

The arrangement of rooms is excellent. Every room seems to open directly into a garden, thus bringing the garden into the house as is in keeping with the western tradition. Living room, dining room and master bedroom receive an abundance of light and sunshine, and a free circulation of air. Kitchen and laundry are conveniently arranged. The closet space is commodious for the small family. In the living room the chimney piece is extended to one side to include a wood box in the wall, with door opening from the front, the resulting

The rear terrace, opening from the dining room, becomes a pleasant nook for living and dining

BREO FREEMAN, *Architect*

Below: the living room, giving an indication of the type of furnishings used throughout the house

lack of symmetry giving a pleasant informal note. Colonial furniture has been used throughout.

One of the desirable features of this style is its low cost. Being of wood, the house is inexpensive to build, yet the effect is entirely charming. Such a house could be built to advantage in practically any section of Sunset Land.

—Marjorie Dobbins Kern.

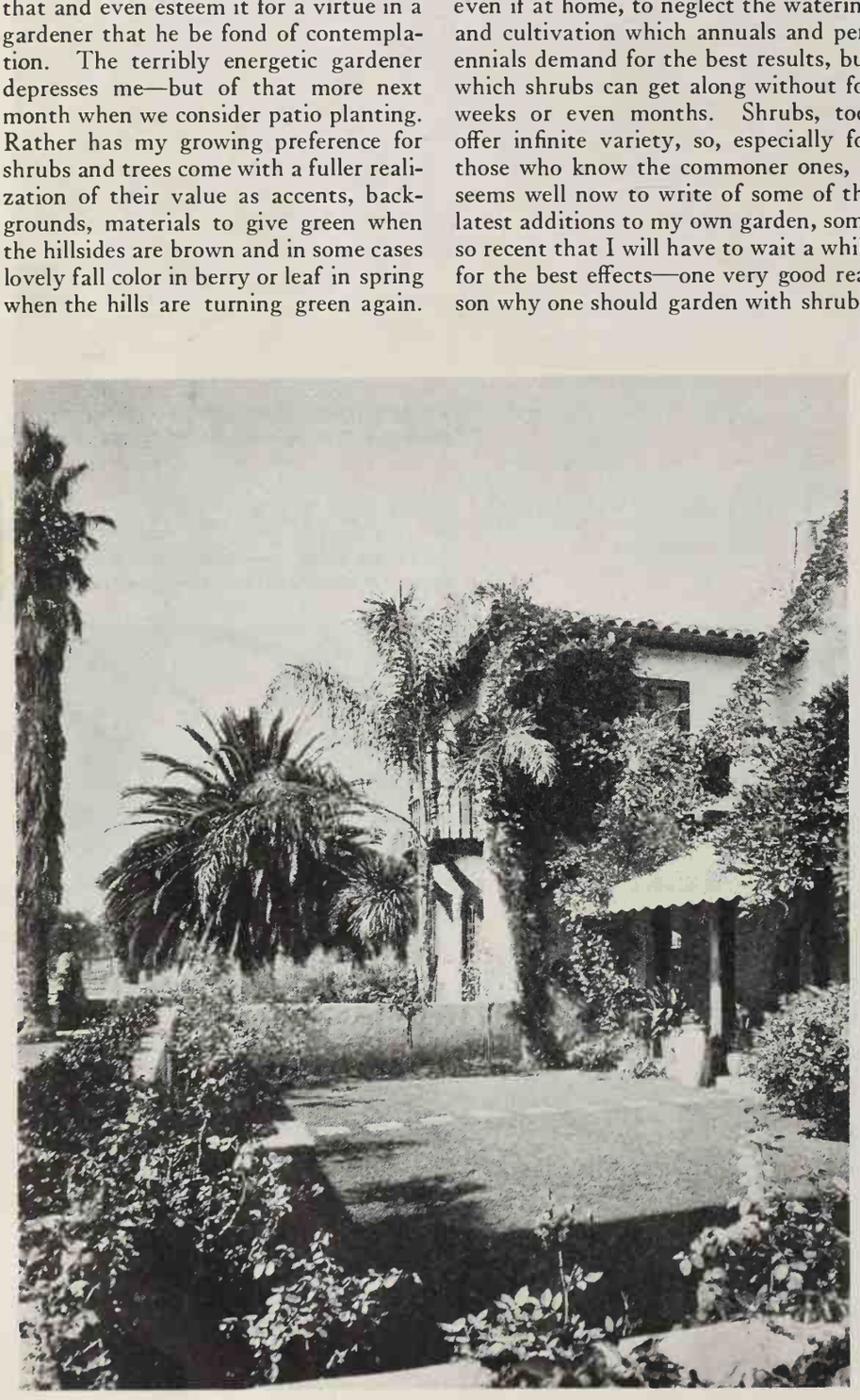
Editor's Note: Floor plans of this house are not available through SUNSET Magazine; it is shown here simply to offer you ideas and home building suggestions. We hope, however, that the photographs and description will inspire many of you to consider the Colonial type of house and its rightful place in the home architecture of the West Coast.

NEW SHRUBS FOR SUNSET GARDENS

By
Sydney B. Mitchell

OF late my enthusiasm for shrubs has greatly increased. It is not only that they are easy, not merely that I have become lazy, for I was always that and even esteem it for a virtue in a gardener that he be fond of contemplation. The terribly energetic gardener depresses me—but of that more next month when we consider patio planting. Rather has my growing preference for shrubs and trees come with a fuller realization of their value as accents, backgrounds, materials to give green when the hillsides are brown and in some cases lovely fall color in berry or leaf in spring when the hills are turning green again.

It is easily seen that shrubs do have some great advantages to a busy gardener like myself, who has not infrequently to be away from his garden or, even if at home, to neglect the watering and cultivation which annuals and perennials demand for the best results, but which shrubs can get along without for weeks or even months. Shrubs, too, offer infinite variety, so, especially for those who know the commoner ones, it seems well now to write of some of the latest additions to my own garden, some so recent that I will have to wait a while for the best effects—one very good reason why one should garden with shrubs.



The garden of Mr. and Mrs. E. M. Doyle, Riverside, California, awarded first prize in Class III (expert skill employed) in the 1933 National Yard and Garden contest

Because an alphabetical arrangement makes notes easier to refer to afterwards, I am following that order in my selections of the new or rare, but if I had chosen rather to place first the one for which I dare predict the greatest popularity, *Abelia floribunda* would still have come first. It is a shrub of just the size adapted to smaller gardens, three feet high, has nice clean foliage, evergreen in my garden, and being from the mountainous regions of Mexico it withstood the unusual cold of last winter in the San Francisco Bay region. Its glory is its flowers, of characteristic tubular form but unlike the *Abelia grandiflora* these are of a glowing bright purple sometimes called Indian Lake. It blooms abundantly in late spring and again in late summer if the flowering branches are removed and it is well watered. What more can you ask, except to be led to it at once? Unfortunately stocks are still very small and narrowly distributed, but if you fail to find it now be sure to put it on your list of "Wants" which every adventurous gardener should keep. This is not a "new" shrub in the sense of being the result of recent introduction to gardens or hybridization, but it is a newcomer to the West. More available and hardier is its relative, *Abelia Schumannii*, a Chinese species of a lovely shade of pink, somewhat suggestive of a dwarfer *Kolkwitzia amabilis*, the Beauty Bush, and in all likelihood better adapted than that to California gardens, especially the drier, warmer ones. Like all the abelias it is of the easiest culture, flowers when quite young, will stand partial shade, preferring that in very sunny sections and appreciating some summer water.

Abutilons or Flowering Maples

The abutilons or flowering maples—of course these are not really maples at all, though they have similarly shaped leaves—have long been in our gardens, but here are a couple of species, or wild

At right, the garden of Mr. and Mrs. Arthur Whaley, Spokane, Washington, awarded second prize (Class III) in the 1933 National Yard and Garden contest

forms, I rarely find in California gardens. *Abutilon megapotanicum*, from Brazil, is a graceful, slender, evergreen shrub of about four feet in height, almost always spangled with bell-shaped red and yellow flowers like little Chinese lanterns. With me it gets no special culture and is seemingly hardy. I suggest a hard pruning back in late winter before the new growth begins. *Abutilon vitifolium*, a small tree with, as its name indicates, vine-like leaves, is from Chile, where there are still plants our gardens need. Its large flat flowers, rather like a clematis, come in pure white or pale blue, according to variety and in early summer even on small plants they are abundantly produced, while an older tree is perfectly lovely in flower. As this is grown in the warmer parts of England, of course it will be hardy in California and worth trying farther north. Just a word of some new garden hybrids with flattish "hibiscus" flowers. From seed I obtained from France but which I have just found offered in the United States, this early spring I raised three plants which flowered in November and were of nice apricot and orange shades, real additions to the flowering shrubs which like some shade, mine flowering nicely under some Japanese cherries.

Do You Know This One?

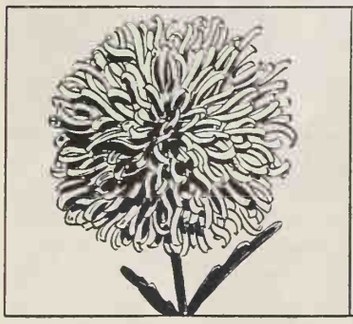
Cantua buxifolia, generally a rather raggy, sprawling evergreen in spite of its box-like foliage, still deserves consideration for the wonderful color effect of its long tubular trumpets of orange pink and magenta which drip from all over it in spring. You may not believe this is an attractive color combination, but just try what seems even wilder, orange and magenta, together and see how well they act as foils for each other. *Cantua buxifolia* likes a rather warm situation but no special soil conditions. After it is through flowering give it a good pruning and thereby much of its rather casual habit of growth can be eliminated. It is easily found at most of the good nurseries.

Daphne cneorum as it grows in the rock garden of Mr. George Brehms, Seattle, Washington

Ceanothus Gloire de Versailles at once suggests why grow in our gardens the wild lilacs of our chaparral. Some time I hope to urge the greater use of our native shrubs, but this ceanothus doesn't happen to be one of them. It is a deciduous hybrid, and as one parent is from the Atlantic coast the progeny are quite hardy all along the warmer Pacific coast. A group of these hybrids was raised by a French breeder and all have the common characteristic of summer flowering, a very real asset to our gardens. There is a dark blue one, Indigo, which I wish I could find here, and an odd, rather dwarf, pink one called Marie Simon which I have, but the powder blue Gloire de Versailles is quite evidently the best of the lot, flowers profusely in summer and intermittently thereafter and is really desirable. As the flowers are produced on the new growth these members of the family should be pruned back in late winter, nearly all of the wood of the previous season. No particular soil or situation is called for. (*Cont'd on page 46*

My Way of Growing Asters

A Western Garden Movie By Mrs. Harry Cowan, of Seattle



1. One of my favorite summer flowers (among the annuals) is the China aster which I grow successfully in my Seattle garden. I particularly like the Sunshine variety but grow also the shaggy giants that have been popular for so many years. In my opinion, success with asters lies in keeping the plants growing vigorously.

2. The first step is to buy good seed—from Sunset advertisers of course! A wilt-resistant strain is now available and should be used by all who have had trouble in growing this flower. By planting both early and late varieties, the flowering season will be prolonged. Order your seed now for April planting.

3. The last of February I decide where in the garden I shall set my aster plants and then prepare the place by covering it with a layer of well-rotted manure. Spring rains will then carry the fertilizer into the ground. Asters do best in a rich, porous soil. Do not plant in the same place twice in succession.

4. Before the seed arrives I prepare the seed flats. First a layer of gravel is placed in the bottom for drainage and the flat is then filled with rich loam, leaf mold and sand, sifted together. Some gardeners advise baking the soil but I have not found this method necessary. Provide a pane of glass for covering top of seed flat.

5. I sow seed under glass in March or April. After thoroughly watering the soil, let it drain for several hours. Then plant seed in rows, covering with about half an inch of soil. Press firmly. Keep the pane of glass over the top until plants are up, then remove during the day. Work to develop sturdy plants.

6. While waiting for plants in seed box to develop I finish preparing their place in the garden by spading in the manure and working in plenty of wood ashes; commercial plant food also is often needed. The ashes furnish potash and lime which asters seem to require. After spading, work soil until well pulverized.

7. In May when danger of frost is over, I transfer the plants to the open ground which has been watered and raked smooth in advance. Set plants a foot apart, firming carefully. Locate aster bed in full sun—at least in Coastal regions. I plant in beds so that the plants support one another and give a good splash of color.

8. Asters have many enemies. Dust the plants thoroughly with nicotine dust and use an all-round garden spray regularly. Keep plants growing vigorously and if one of them develops yellows, pull it up immediately. Aphis are particularly bad and must not get a start. Wilt can be avoided by planting a wilt-resistant strain.

9. Do not overlook the all-important feature of cultivation. I use the hoe religiously and keep the ground loose at all times. Always cultivate after watering. During extremely hot weather, it will be well to mulch the plants with peat moss to keep the roots cool. A manure mulch is too likely to harbor injurious insects.

10. As plants come into bud, give them a good feeding of commercial plant food, applying it according to directions on the container. After applying plant food, water plant thoroughly so that fertilizer will be in solution. Avoid getting it on leaves or stems. Sensible use of plant food produces an abundance of bloom.

11. Over-watering of asters is likely to cause root rot. I thoroughly irrigate my plants whenever necessary and then depend upon cultivation rather than on daily sprinklings. A heavy stream of water will break down the blooms. Keep faded blossoms cut off and remove all dead or diseased leaves from the plants.

12. Asters are lovely as cut flowers. Cut blooms with long stems and plunge deep into cold water, removing all lower leaves that would be immersed. Then if you would get the greatest joy out of your bouquets, share them with others. By so doing your asters will have fulfilled all that can be expected of them. Try it!

apex

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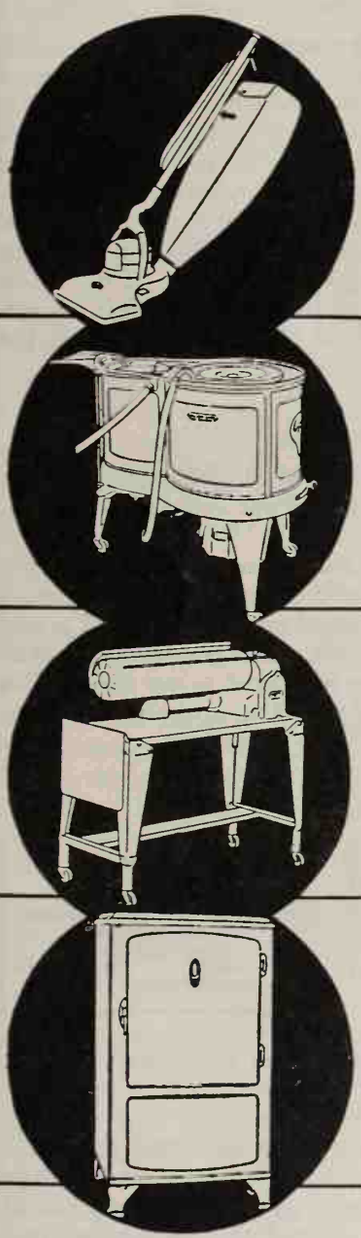
when wisdom impels you to buy a



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Our Favorite Grilled Dinner
Preheat the broiling oven
Brush lamb chops with prepared mustard
Sear them on both sides under the burner
Arrange other materials around chops
Pour syrup over the sweet potatoes

The Kitchen

TRADE MARK REGISTERED

These recipes are designed to be clipped and mounted on cards for your recipe file or they may be pasted in your cooking scrap book

Our Favorite Grilled Dinner

(*Illustrated on these pages*)

PRETTY AND GOOD

Lettuce Salad with French Dressing
*Our Favorite Grilled Dinner
French Bread, Heated — Relishes
Sponge Cake — Apricot Whip
Coffee

4 lamb chops
4 pork sausages
4 strips of bacon
4 slices of canned pineapple
2 large sweet potatoes, boiled and cut in halves lengthwise
2 large white potatoes, boiled and cut in halves lengthwise
2 large tomatoes, cut in halves crosswise (Do not peel)
Prepared mustard
Brown sugar or maple syrup
Salt and pepper

Use the broiling pan and rack for this attractive meal, which is ever so much fun to prepare. Preheat the broiling oven very hot. Brush the lamb chops with prepared mustard, and sear them on both sides under the broiling burner. Remove from the oven, and arrange around the chops the other materials. Over the sweet potatoes pour a little maple syrup or brown sugar syrup; sprinkle all the rest with salt and pepper. Return pan to broiling oven, placing it about two inches below the burner, and finish cooking at moderate heat for 20 minutes, basting once or twice with the gravy in the pan. It is not usually necessary to turn the foods, with the exception of the chops, sausages, and bacon. If the bacon cooks too quickly for the other materials, simply remove it and keep it in a warm place until serving time. It is easiest and prettiest to serve the plates in the kitchen for this dinner.—Mrs. D. P., Yakima, Washington.

Macaroon Tarts

Cover inverted patty tins with a flaky pastry, prick with a fork, and bake in a hot oven (450 degrees) 10 to 12 minutes. Let cool, then put a spoonful of jelly in each one.

While the pastry is baking and cooling, prepare the macaroon filling as follows: Beat 2 egg yolks slightly, add ½ cupful of sugar, and beat until light and lemon-colored. Add 6 macaroons which have been crumbled fine, the juice and grated rind of 1 lemon, and 1 tablespoonful of melted butter. Beat the egg whites stiff, fold into the yolks, and pile the mixture into the jelly-lined pastry shells. Put into a moderate oven (350 degrees) to bake until the filling is nicely browned—usually about 20 to 30 minutes.—M. J. P., Palo Alto, California.

Crab Cocktail Salad

A PARTY DINNER

*Crab Cocktail Salad
Baked Ham — Baked Oranges
Horseradish Sauce
Escalloped Corn
Betsy-Retsies — Apricot Jam
*Macaroon Tarts — Coffee

Although most of my cook book is made up of SUNSET recipes, I find you have not included this trusted standby of mine, which is one of the most beautiful and appetizing cocktails I have had. The amounts of materials can be easily estimated according to the number you are serving.

1 or more large grapefruit
Crab (fresh shelled)
American cheese, grated
Chili sauce
Mayonnaise
Hard-cooked eggs
Shredded lettuce
Minced parsley

Peel the grapefruit, using a knife and cutting away all the white membrane covering the flesh; then, still using the knife, separate the sections from the membrane that divides them. Arrange shredded lettuce on individual salad plates; place two sections of grapefruit on the lettuce, and arrange pieces of crab-meat in the center. Top with a paste made by blending grated cheese, chili sauce, and mayonnaise to suit taste, adding other seasonings if desired. Over all sprinkle hard-cooked egg which has been put through a strainer. (The whites and yolks may be put through separately or together, as desired.) Garnish with minced parsley. At the side of the plate place a small circle of bread which has been toasted, then spread with a paste made by combining chopped ripe olives, chopped bread-and-butter pickles, and mayonnaise, and seasoning well.—I. D. S., Tacoma, Washington.

Cabinet

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Will you share your favorite recipes with other Sunset readers? $1 is paid for every recipe published. Address The Kitchen Cabinet, Sunset Magazine, San Francisco

Tuna Tempter

1 No. ½ can of white tuna, diced
½ a bell pepper, chopped
Pimiento and mushrooms if desired
1 large package of potato chips, rolled fairly fine
1 cupful of medium white sauce

GOOD ANY DAY

*Tuna Tempter
Buttered Asparagus Hard Rolls
Rhubarb Gelatine Pie
Coffee

Mix the ingredients; the potato chips will furnish enough salt. Put into a buttered baking dish and bake half an hour in a moderate oven (375 degrees), or until nicely browned. This is a delightful main dish for dinner on a warm day—not too heavy, yet satisfying and certainly delicious.—Mrs. A. W., Santa Ana, California.

Snow-Gold Salad

1 large orange
1 medium-sized parsnip, uncooked
1 medium-sized tart apple
6 crisp inner leaves of lettuce
Dressing:
2 tablespoonfuls of salad oil
1 tablespoonful of vinegar
1½ teaspoonfuls of sugar
¼ teaspoonful of salt
⅛ teaspoonful of mustard
Few grains of cayenne

FOR A SUNDAY IN SPRING

*Snow-Gold Salad
Fricasseed Chicken Rice
Green Peas in Cream
Hot Rolls Quince Jelly
Lemon Chiffon Pie Coffee

Pare the orange, using a knife, and cutting away all the white membrane that covers it. Cut the flesh into 1/3 inch cubes. Pare the parsnip and the apple, and shred both, using the smallest size shredder. Mix together with the orange very lightly, using a silver fork, and being very careful not to break and mash the shreds. Chill. Into a small mayonnaise jar put the ingredients for the dressing, adding whatever orange juice escaped in the process of dicing. Shake vigorously. Chill. Just before serving, shake again, pour the dressing over the salad, and pile on the crisp lettuce leaves. Serves six.—Mrs. J. McB., San Francisco, California.

Mashed Potato-Rutabaga Combination

4 medium-sized potatoes
1 large rutabaga
Butter, salt and pepper to suit taste

A HEARTY DINNER

Tomato Jelly Salad
Salted Crackers Celery
Swiss Steak Spinach
*Mashed Potato-Rutabaga Combination
Bread and Butter Jam
Canned Peaches Cup Cakes
Coffee

Prepare the vegetables as usual for boiling, peeling and cutting the rutabaga small so that it will cook as quickly as possible. Cook separately until very tender. (The rutabaga will take longer.) Drain, and put both vegetables together in one kettle or into a hot mixing bowl, and mash well with the potato masher. Add butter, salt and pepper to suit taste, and a little hot milk if it is needed to make the consistency right. Serve at once. This combination is appreciated on my dinner table.—Mrs. T. H., Gallup, New Mexico.

Green Split Pea Soup

This soup is very nutritious and is popular with everyone who tries it. Be sure to use green split peas in it, as they have a totally different flavor from the usual yellow peas. These proportions make about three bowls of soup:

AN EXCELLENT LIGHT LUNCHEON

*Green Split Pea Soup
Toasted Crackers or Buttered Toast
Fruit Gelatine Tea

1 cupful of green split peas
1 small onion, chopped
A handful of chopped celery or celery leaves, or ½ teaspoonful of celery salt
2 or more cupfuls of water
Salt to taste
1 tablespoonful of butter

Cook the peas, onion, and celery in a double boiler or heavy saucepan until the mixture forms a smooth puree, using enough water to make the desired consistency. (It should be rather thick.) A short time before serving, add salt to taste, and the butter. If a double boiler is used the soup must cook two or three hours, but the flavor is better than when it is cooked quickly over direct heat.—Mrs. B. H. S., Tonasket, Washington.

Sprinkle everything else with salt and pepper
Return pan to oven, placing it a little lower
Cook 20 minutes, basting occasionally
Serve plates in kitchen if desired
Ruth Taylor
Your guests will appreciate your cleverness

One of the tables of the Twentieth Century Club of Berkeley, set for the spring luncheon described below

By Helen Bell Grady

How One Western Club Manages Its Luncheons

IF your study or bridge club or church society habitually runs in the red, why don't you install a commissary chairman?

That is what the Twentieth Century Club of Berkeley, California, did nearly two years ago and found that the plan was both practical and profitable.

Jumping the gun on the NRA, this organization has applied the scientific principle of budgeting and careful planning to the problem of providing "the mosta of the besta" at the club luncheons. The result is that women are getting better menus for less cost and the club is realizing a small profit besides through its system of centralized buying.

The New Deal came about when the members discarded the method of having each of the hostesses for the nine months of the club calendar responsible for the buying of food and the planning of the menus for the luncheon and the tea under her direction. Now one person is responsible for all this. She buys the food, keeps account of the costs, works with the hostess—who offers suggestions for menus if she wishes—and plans the luncheon from the standpoint of cost and a well balanced meal. The same scheme holds true for the monthly tea.

Good organization is responsible for the carrying out of the plan by the members. Each hostess, serving for one month, and appointed by the president at the beginning of the club year, has a group of approximately 30 women working with her. A telephone chairman for each section is responsible for the reservations for affairs during that month.

On the morning of the day of the luncheon, the hostess and her committee arrive at the club about 10 o'clock to set the tables and arrange the decorations. Flowers and greens are always supplied from the members' gardens. These women also assist in arranging the salads on the plates, and if help is needed in cutting cakes or pies or putting whipped cream on puddings, they do this. All the serving is done by them.

SPRING LUNCHEON MENU

Creamed Chicken and Mushrooms with Pimientos and Green Peppers, in Patty Rings
Salad of Canned Pears Colored Green, with Avocados, Grapefruit Sections, Mandarin Oranges and Cream Cheese Dressing
Celery stuffed with Roquefort Cheese
Rolls Currant Jelly
Salted Nuts
Strawberry Sherbet with a Rosette of Whipped Cream
Orange Sunshine Cake
Cream Mints Coffee

Imagine being a shopper for a family of 200. Yet that is exactly what the commissary chairman has to do for this Berkeley club. She is the clever person who combines the talents of a good shopper, a good manager and a good cook. There are women in every organization whose abilities along these lines are recognized, so why not widen their sphere by making a place for them under the New Deal which your club is considering?

Out of a haphazard plan where many women were buying food and planning menus has come a well ordered procedure. Formerly there was a duplication of menus when one hostess, forgetting what another had, planned her favorite luncheon which had been someone else's, too. Now all this is avoided. Then there was the matter of a balanced budget which never seemed to come out just right. Today the commissary director watches pennies so closely that it has become a hobby with her, and she says that the planning of menus and the buying of food to the best possible advantage is really fun.

Good shopper that she is, the chairman of this department often does her buying for fresh vegetables direct from the commission house. Where there are specials on staples at the stores, she stocks the club cupboard just as she would her own.

In the club larder all the necessary sauces and (*Continued on page 24*

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And what a short-cut this blue-and-yellow package is! All ingredients are already measured and mixed for you! And double-tested, too, in Globe Mills' own kitchens. No wonder all good grocers feature Globe "A1" Biscuit Flour!

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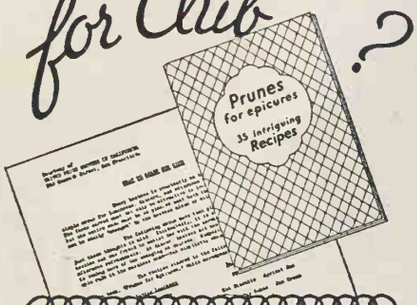

THAT'S THE
"SUNSET SPECIAL"
WE HAVE READY FOR
YOU THIS MONTH

In this multigraphed leaflet of smartly simple menus, and the illustrated booklet of 35 grand recipes, you'll find the solution to your particular party menu worry. Whether it's what to plan for afternoon or evening bridge refreshments or for a "ladies' luncheon," here's the answer!

Naturally, you'll find California Prunes featured prominently in these menus and recipes. And why not? It's smart to serve this delicious western-grown fruit in all sorts of ways, from the simplest of salads to the most elaborate of desserts. ("Festive Prune Cake" shown below with its special menu, is a good example.) There are clever ideas for decorations and favors, too — how to make these funny little penguins out of California Prunes and marshmallows, for instance. Altogether, you'll like the book and the party plans and you'll use them constantly.

AFTER THE AFTERNOON GAME

Emerald Pear Salad with Cheese and Nut Balls
Anchovy Sticks *Green Olives*
Festive Prune Cake *Coffee*
Green and White Mint Patties
Salted Almonds

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Please send me, free, a copy of the recipe booklet, "Prunes for Epicures," and the "Sunset Special" Club and Party Menus.

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Managing Club Luncheons

(*Continued from page 22*)

seasonings are kept on hand and such staple goods as you would find in any good housekeeper's kitchen. Supplies of tea, coffee, lump sugar, cases of canned fruits and vegetables, purchased at sales, and large cartons of gelatine, secured when they were marked down, are to be found here.

The commissary head is able to plan on quantities for a Tuesday luncheon because reservations are in by Saturday noon. If there is to be a pudding or a gelatine salad, this can be made on Monday and stored in the ice box. On Tuesday morning the main dish is cooked for the two-course luncheon. Assisting in the preparation of the meal is the permanent helper, employed by the club, and two co-workers who are hired only for the day of the affair. The budget provides approximately $8 for this service which also includes the laundering of the tea towels.

The luncheon menu always includes a hot dish, salad, bread in some form, a hot drink and dessert. In all her budgeting, the chairman has discovered that for the dessert, approximately 5 cents is allotted. One cent each is allowed for rolls of the Parker House type. The main dish varies in cost. If the club needs to economize to balance its food budget, then less is spent, but if a more elaborate menu for a special occasion is desired, then the cost runs higher.

One important thing to remember in centralized buying is that the larger the crowd, the more money there is to work with and the better the food as a result. Under this plan, the club cut its regular luncheon price of 50 cents to 36 cents (this includes the one cent California tax). During the first year of centralized buying enough money was made from the 50-cent luncheons to pay for the refreshments at the monthly teas and to purchase a large refrigerator for the club kitchen. The installation of special wire racks in the ice box made possible storage space for gelatine salads or puddings for 200 guests.

For the Spring Luncheon

A typical 50-cent luncheon of the special type such as the one served at the annual spring luncheon includes as its main dish creamed chicken and mushrooms with pimientos and green peppers in hollow patty rings. To avoid too much starch in the menu the commissary chairman has the rings made without a base. The salad features canned pears colored green by soaking over night in their own juice with vegetable coloring added. Avocados, grapefruit sections and mandarin oranges add a delightful color note. A dressing made of Philadelphia cream cheese and whipped cream is used. Celery stuffed with Roquefort cheese thinned with cream, rolls, salted nuts and currant jelly make the luncheon seem like a real party. For dessert, there is strawberry sherbet with a rosette of whipped cream, orange sunshine cake, cream mints and coffee.

Decorations consist of lovely spring flowers in the long narrow galvanized iron containers which the club has for its tables. White shelf paper is arranged around the outside in pleats to resemble a holder for an old-fashioned bouquet. A small mesh wire netting fitted inside the containers serves as a perfect flower holder.

Indoor Picnics Are Popular

A picnic indoors was one unusually successful luncheon menu. The tables were gay with red geraniums stuck in painted flower pots filled with sand. The salad, consisting of half of a tomato sliced across with a half deviled egg stuck with tooth picks on top, carried out the color scheme on the luncheon plate. There was a finger roll stuffed with chicken salad, potato chips, bread and butter pickles, stuffed olives, celery, coffee and for dessert individual tubs of ice cream, and ice box cookies. For this party, potato chips were purchased wholesale in 3½-pound tins. The Roquefort cheese spread was also obtained in wholesale lots from a nationally known cheese manufacturer and then thinned with cream.

For refreshments at a tea, a sure "hit" is devil's food ice cream sandwich. Purchase cake sheets of frosted devil's food cake. Cut these into pieces to fit a half slice of an ice cream brick. Slit the cake in half, insert the ice cream and serve with coffee or tea.

Favorite desserts at the Twentieth Century Club are gingerbread with apple sauce and whipped cream, gelatine butterscotch pudding, lemon snow pudding and sour cream raisin pie. The members also like luncheons where individual meat pies are served and where the salad consists of a gelatine and Philadelphia cream cheese mixture.

Among the interesting short-cuts worked out at the Berkeley club is one that has to do with the serving of roast turkey at holiday luncheons. To avoid delay caused by carving just before the luncheon is served, the bird is cooked the day before. Each serving, consisting of a piece of dark and one of light meat with dressing, is wrapped in heavy waxed paper to resemble a tamale, with the ends tightly rolled. These are stored in the refrigerator over night and heated in roasters just before serving the next day. All that has to be done before putting each portion on the plate is to open one end and slide out the food!

(*Continued on Page 30*

ASTONISHING BEHAVIOR OF MR. ELLSWORTH FUTTY AFTER LEARNING ABOUT POST'S 40% BRAN FLAKES !

Everybody gets a grand flavor "kick", too, out of Post's 40% Bran Flakes . . . because it is a *different, delicious-tasting kind* of cereal!

Really, Mr. Fox!

A Delicious Cereal
Post's 40% BRAN FLAKES
WITH OTHER PARTS OF WHEAT
MALT SYRUP, SUGAR AND SALT
THE NEW CRISP PACK
A Gentle Laxative

Don't you think you were carried away somewhat when you drew this picture?

WE understand your enthusiasm, Mr. Fox. But—all we really wanted to say is this: A lot of people who are listless, logy, who "don't know what's the matter with them" are suffering just from a sluggish intestine—often caused by lack of bulk in the diet. And often things perk up surprisingly when this trouble is corrected.

We'd like to have these people try Post's 40% Bran Flakes With Other Parts Of Wheat. It's as fine-tasting a cereal as ever you ate. Many people say the finest . . . so crisp; such a wonderful nut-like flavor!

And it contains bran for that bulk we mentioned—bulk everyone needs to keep food wastes moving normally along the intestinal tract. To help keep you regular—and fit.

Since you'll find Post's 40% Bran Flakes a perfectly swell cereal anyhow, why not eat it regularly for awhile? It may do you a lot of good, too. Your grocer has it—and it costs little. It is a product of General Foods. © G. F. Corp., 1934

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She's all ears for
RICE KRISPIES

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Listen!— get hungry

There's a difference between FLAVOR and SEASONING

SAYS BERTHA E. SHAPLEIGH

TRUE statements bear repeating; so I say again that food to be at its best must have flavor. Some uncooked food materials are rich in natural flavor and do not need the application of heat to bring out the flavor; others must be cooked to make such materials digestible and palatable. The cooking, if not done in the right way, may spoil the flavor; too strong an oven heat, or too long cooking can ruin the delicate flavor in some meats. Too rapid boiling of the water in which vegetables and meat are cooked will destroy the flavor in such, and too much water will waste valuable flavor, especially if the water is thrown away. So many vegetables are spoiled by too long cooking, and rendered tasteless. "Flavor is the soul of food"—let us be careful and not kill the soul.

What is the difference between "flavor" and "seasoning"? Flavor is that which is in foodstuffs and must be developed by ripening or cooking. Seasoning is that which is added to make up for lack of natural flavor, or to call out the flavor already in the material.

A few grains of salt added to fresh fruits bring out the flavor in such fruits; when making fruit cup always add a few grains of salt. Right here I am remembering what Miss Fannie Farmer used to say about salt when asked why she did not mention the "few grains" in her recipes; "I do not say anything about them, because some people would put in a handful, and spoil the dish." It is just that discriminating use of condiments which is so important. The old saying, "If a little is good, more is better," does not apply to seasoning; a little may be good, but more too often spoils the dish.

Just now when once more we can use wines, liquors, and liqueurs, a word of warning is not amiss. The alcohol is driven off during cooking, and the flavor alone remains, which is what we desire—not the alcohol. A large amount of sherry or any alcoholic flavoring added at the moment of serving is not good seasoning. To illustrate:—A Newburgh Sauce is characterized by sherry flavoring, but the lobster, crab, or whatever material is used with the Sauce should be soaked in the wine for an hour or more, and then cooked in the sauce. And may I call your attention to the fact that a "Newburgh Sauce" is one made with egg yolks and cream and flavored with sherry? The fish, say lobster, is soaked in the sherry, then cooked in butter, with a little flour sprinkled over (to prevent separation of cream and sherry). The egg yolks are mixed with cream, and then added to fish, and cooked, without boiling, until the sauce thickens; a little salt and cayenne are added, and the dish is ready to serve.

The wonderful "Filet de Sole au Vin," for which the French are noted, is made by cooking the filets of fish in white wine; when the fish is cooked, a sauce is made, and the wine remaining in the pan after the fish is removed is strained into the sauce. Of course, the wine or liquor flavoring is added uncooked; do not use too much. Lemon juice, as well as a few grains of salt, is needed to bring out the full flavor.

Orange juice is a valuable addition to strawberries. French cooks combine fruit flavors, and use cordials to add to the flavor of berries; a few drops of Kirsch, the cordial with the flavor of bitter almond, sprinkled over a bowl of berries will do subtle things to their flavor.

The rind of lemon or orange scalded with the milk for making custard, gives a delightful flavor, and when cold, a few drops of vanilla added to custard will give a "nectar" flavor.

Try a suspicion of cinnamon on glazed sweet potatoes; a few gratings of nutmeg is a delicate flavor for some sauces. A Swedish cook I know always puts a little cinnamon in a cream of rice soup, but there is so little of the spice used, one wonders what it is that gives such an unusual flavor.

There is no other vegetable seasoning used as often as the onion and its relatives, such as garlic, shallots, leeks and chives. Many object to garlic (than which there is no better seasoning for some dishes) but it must be used judiciously. Try pouring boiling water over the peeled cloves of garlic, and allowing the water to remain a few minutes; remove garlic and chop fine. For salads, a piece of cut garlic rubbed over the bowl in which the salad is mixed, is sufficient to give a flavor. Or put a piece of garlic in a cube of bread, and place the bread in the bottom of the salad bowl. To season French or mayonnaise dressings, a delicate flavor is obtained by using vinegar scalded with garlic and herbs. Cover the sauce pan, and let the mixture steep. Pour vinegar from seasonings, cool, and use in making the dressings.

Shallots, the small French onions, are less strong than garlic, but have a decided and pleasing flavor. Leeks are those large white stalks running into green leaves, and are old in history. The Bible tells us that the Children of Israel

Hi-mother

Give us Snow Flakes with milk!

S-a-y, that is something! Those light, flaky crackers have a true wheat flavor that you can't beat—and they're as fresh as crackers can be, too—*oven-fresh!*

That's because the Uneeda Bakers ovens are nearby. And each carton is wax-wrapped—inside and outside. That helps, too!

P. S.—An economical family-size package of Snow Flakes with your next grocery order!

Don't ask for crackers—say

SNOW FLAKES

NATIONAL BISCUIT COMPANY

Uneeda Bakers

cried out in the wilderness that they remembered the leeks and the onions which they did eat in Egypt! One of the oldest recorded soups comes from Scotland, dating back to the 12th Century—"Cockaleekie." The chef always demands a small bunch of leeks for his soup kettle.

In the use of herbs, great care must be taken that the flavor is not too strong, especially that of any one herb, when several are used. Certain dishes are characterized by some one herb, as for instance the delicious Sauce Bernaise in which tarragon is the flavor, obtained by the use of fresh tarragon leaves. I hope you have some herbs growing in your garden!

One or two sprigs of fresh rosemary give a delightful flavor to one quart of cream soup. The effort has been and still is made to give in a recipe a very definite quantity of seasoning. This can be done to produce a palatable result, but only taste can really decide when the blend is just right. A good cook should be able to determine degrees of flavor obtained by the addition of seasoning. Too many cooks do not taste intelligently, and too many persons eat food without giving it any consideration except that it relieves hunger. Mastication is needed not only to make the food we eat more easily digested, but also to make us determine flavor, which will lead to appreciation—or criticism. I believe children can be taught to be discriminating without being fussy about what they eat.

Make Your Food Perfect

Personally, I find it very interesting to experiment (without spoiling a dish) as to what is needed to make the dish as perfect as I am able. Sometimes a teaspoonful of sugar makes a soup or sauce more pleasing, other times it is a teaspoonful of vinegar or lemon juice. A very little curry powder will give a flavor to French dressing which one finds "intriguing;" the same is true of Spanish pepper which has a saffron flavor. Let us not forget that butter is a flavor, and as such must not be heated to a high temperature, but added at serving time. The English make use of this in their delicious drawn butter.

"Much tasting": To taste intelligently one must let the food pass the palate, and be swallowed, and one must think about it. I think I can hear some readers of this article say, "But I have no time to taste and think and experiment." Of course, some of you have not the time, and to make the food palatable is all you can do. But try to think a bit more about the food you serve—and season with care. And remember it is not always an addition you need, but a drawing out, by cooking, of the flavor already there. You will be, I hope, rewarded by the expression from guests that your food is perfect If we are to develop a truly American Cookery, we must give more attention to flavor!

KEEP FIGURES YOUTHFUL WITH MARVELOUS NEW ENERGY FOOD

Lets you eat well

yet avoid foods that turn to fat

Why new-type hot breakfast makes you more active—less apt to become overweight

AMERICA'S three highest authorities on diet have now disclosed an amazing finding about the effect of foods. It is of utmost importance to every woman who has a tendency to overweight.

These scientists agree that foods more rapidly turn to energy during the active hours when the mind and body are using energy. That foods are stored up in the form of fat when the body is resting—when it makes no call for an energy supply.

Thus the time of day when you eat your heavy meal may indicate whether it will turn to energy or to fat.

This makes more important a substantial breakfast. An *energy food* in the morning instead of paltry breakfast dainties that are not enough to replace the energy burned up in daily work or play.

There is one food now widely recommended for its high energy value. It is a delightful breakfast cereal called Malt-O-Meal. It contains Wheat and Toasted Malt. It supplies the body a substance that builds up the muscles. This renews them. Gives the whole body increased muscular energy. So you feel eager to do things—ready for any activity.

This food, too, is an economy. One package of Malt-O-Meal cooks to eleven pounds of food. Or 20 times the weight of the food contained in the average package of cold cereals.

Malt-O-Meal cooks in 2 to 3 minutes. Takes no more time to prepare than the coffee.

Get Malt-O-Meal at once. All grocers now have it. No other is like this. No other an energy food that so delights.

Try Malt-O-Meal at our risk. Clip the coupon below. Take it to your grocer. Give him the coupon and 10c in cash and he will give you a full size package of Malt-O-Meal. Saving you about 14c to 17c. Accept this remarkable introductory offer at once. Clip coupon now.

MALT-O-MEAL

Save 14c to 17c on package of Malt-O-Meal —Pay only 10c with this coupon—at grocer's

Name .....

Address .....

City ..... *State* .....

Grocer's Name .....

Address .....

To Retailer: Mail coupons to Campbell Cereal Co., Northfield, Minn. for redemption. This offer expires August 31st, 1934.

"One *is* Always *the best*"...

White Star Tuna is the brand that made tuna famous! For 21 years it has been the preferred brand because only the delicious, delicate *light meat* is packed!

Always the quality has been the best! If you bought a MILLION cans, each one would be the same high quality. Naturally, there have been many imitators. But . . . "one is always the best" . . . and, in tuna, that "best" is always White Star Tuna.

FREE RECIPES

Write for "The Romance of Tuna" . . . and 19 Proven Recipes, to Van Camp Sea Food Co., Terminal Island, Calif.

ACCEPTED AMERICAN MEDICAL ASSN. Committee on Foods

A Pure Food, Honestly Advertised

The Seal of Acceptance of the Committee on Foods of the American Medical Association is your best guarantee of the quality of any product and the truthfulness of the advertising claims made for it. Look for this seal on every food you buy. White Star Tuna has this acceptance.

NRA

That Famous Brand

Try Smoked Mackerel

EVERYONE who sees a mackerel caught in the ocean is bound to admire the beautiful color of the fish and the spirited way in which it runs through the water. But there are many people who do not enjoy that same mackerel in the form of fresh fried fish.

Some of the tenants in a bungalow court in Los Angeles, for example, recently requested their landlady to protect them from one of her renters who went regularly on fishing trips and every time brought home a sackful of mackerel, which he generously shared with his neighbors, who all happened to dislike the fish but who couldn't tactfully refuse the weekly gift.

In our household we always used to have a guilty feeling when the head of the family left for a day's fishing from pier or barge, for we didn't want to wish him luck if that luck meant many mackerel. Frankly we didn't like them, and we had a suspicion that our neighbors didn't either.

But that's all past now, and the parting greeting to our fisherman is, "Be sure to bring home all the mackerel you can catch."

And the reason for the change? It's just that we've learned how to smoke the catch, in such a simple and inexpensive way that anyone can do it.

To get the fish ready for smoking one should clean them as soon as possible after they are caught, before leaving the beach if convenient. After being washed, they should be covered with salt and left over night. In the morning the salt should be wiped off with a cloth. Then the fish should be slit up the back to within two inches of the tail. A little stick placed between the two sides will make it possible for the smoke to penetrate equally to all parts of the fish.

The fuel to use is old oak, which one can buy at small expense in any wood yard. The idea is to have the wood burn in a place air-tight enough to keep the fire from blazing. We found that the bottom of a five-gallon kerosene tin makes a good holder for the wood, and this we place in a hole about five inches deep in the ground.

The smoke-box we built of packing-case wood, which cost us nothing. It measures about three and a half feet in height and two feet in width and depth. It has no bottom and thus can be placed directly over the tin containing the fuel.

The lower half of the front of the box can be taken out to allow one to put in the fish, but if we were to build another box, we would provide an opening in the upper part as well; for as it is now, we have to lay the whole thing on its side in order to reach into the top of it to hang the fish. (*Cont'd on next page.*

Delicious HOT BOVRIL

the world's richest beef drink

BUY IT AT LEADING FOOD STORES AND DRUGGISTS

If not available at a convenient store, send this coupon:

WM. S. SCULL CO.
106 W. Federal St., Camden, N. J.

Enclosed is $1.00. Send 4-oz. bottle of Bovril postpaid.

*Name*_____

*Address*_____

START THE *Spring* RIGHT—

BECOME A GOOD COOK!

START on the way to becoming a good cook now by capturing FLAVOR. You can, if you use Burnett's Pure Extracts. In a sturdy, upright bottle! Send 10c, Burnett carton top, or package insert for copy of "Doubly Delicious Desserts" filled from cover to cover with new ideas on cooking!

JOSEPH BURNETT COMPANY

439 D Street, Boston, Mass.
91 Main Street, San Francisco, California

HELP *yourself to flavor!*

Nothing peps up lazy appetites like a taste-tickling dash of A. 1. Sauce in tomato juice and soups. And how this magical seasoning glorifies beans, eggs, and cheese dishes! Why even the long-scorned salad becomes one of your man's favorites . . . when you blend A.1.'s tangy flavor into the dressing.

A sprinkle of A. 1. Sauce makes meats disappear fast. But if you do have left-overs use this unique, flavorful seasoning to transform them into dishes of surprising goodness. *Recipes with every bottle.* FREE—*write for free sample bottle of* A.1.

G. F. HEUBLEIN & BRO.
Dept. S-3
Hartford, Conn.

A.1. Sauce
A WHOLESOME RELISH

A **FIREPLACE** *that Circulates extra Heat*

Guaranteed not to Smoke

Now—a fireplace that heats every corner of the room and connecting rooms. Provides living comfort in cool Spring and Fall days—cuts heating bills. Only heat required in mild climates and for *summer camps*. Burns any fuel. It is a double-walled metal form around which masonry is easily built. Costs but little more. Write for details. State if for home or camp—new or old fireplace.

Heatilator Co., 553 E. Brighton Avenue, Syracuse, New York.

Heatilator Fireplace

The easy way to display pictures
Get the new **Moore Aluminum Push-Pins**
which can be used with a hammer. They won't break.
6 for 10 cents All Dealers.
MOORE PUSH-PIN CO., Philadelphia

The latter we suspend by home-made hooks of wire (any kind except copper) caught into a one-inch wire mesh stretched across the inside of the box just below the top. The fish are fastened to the hooks by strings tied around their tails, each fish of course having its own short length of string and its own hook.

When the fish are safely suspended, we turn the box upright and are ready for the fire to be lighted. A wire screen across the inside of the box about twenty inches above the bottom rescues any fish that might fall from the top and otherwise be ruined in the fire.

About four hours' time is required to smoke fish weighing around two pounds each. When done, they come out a golden brown, oozing with goodness and tempting to the most indifferent of appetites.

The same method of treatment could be used with any other fish which is fairly fat and firm in texture. How long the delicacy can be kept without spoiling we have not yet been able to find out; it has been too popular with friends and relatives to allow us to experiment.

As to the season in which the fish may be caught, the average fisherman on the wharf will probably reply to your question, "Any time in the year." But my father, who has lived and fished in California for more than thirty years, says that the number of mackerel caught in January and February is noticeably smaller than that caught during the other months.

Ways of Serving

For dinner, smoked mackerel adds zest to the appetizers, as for example:

1. Cut slices of white bread into strips about an inch wide. Brown in butter. Cover each strip with a thin slice of fish. Squeeze a little lemon juice over the top, and decorate with tiny strips of pimiento or circles of stuffed olives.

2. Wrap a thin slice of dill pickle around a piece of fish about the size of a thimble. Hold together with a toothpick.

For luncheon, smoked mackerel may be prepared as a hot dish, and it will probably be found that potatoes boiled in their jackets will go best with the two suggestions given below:

1. Smoked Mackerel, Broiled.

Heat fish through in broiling oven. Put on hot platter and over the fish pour drawn butter with lemon juice in it to taste. Sprinkle with parsley chopped very fine.

2. Smoked Mackerel, Swedish

If desired, remove big bones from the fish. Heat fish gently in butter. When fish is heated through, cover with table cream. Season with black pepper; salt will probably be found unnecessary.—Amy C. Carlson, Los Angeles, Calif.

. . . What is the Fuel of the Human Body?

—AND WHO CARES?

You Do, Reader, for the Answer Is . . .

"carbohydrates". Carbohydrates are present in most foods we eat. But before the body can use them as energy, carbohydrates must be changed into DEXTROSE by the process of digestion.

Dextrose is a simple sugar which circulates in the blood, is stored in the liver and in every muscle and cell in the body. Dextrose supplies energy. Without this energy no muscle can function.

An unusual source of Dextrose is Karo—the famous delicious syrup sold by every grocer in America. Karo is rich in Dextrins, Maltose and Dextrose—all recommended for ease of digestion and energy value.

For this reason, the medical profession recognizes in Karo Syrup one of the most nourishing, fatigue-banishing foods. As a result, Karo is widely recommended for infant feeding, for growing children, for active men and women—and even for invalids and elderly people who fatigue easily.

The 'Accepted' Seal denotes that Karo and advertisements for it are acceptable to the Committee on Foods of the American Medical Ass'n.

Karo Syrup ONLY *affords the use of this Free Pouring Spout, converting the can into a practical syrup pitcher*

FREE CAP & SPOUT

CORN PRODUCTS REFINING CO.
Dept. 143, Argo, Illinois

Enclosed is label from 1½ lb. or 3 lb. Karo can. Please send me pouring spout and cap.

Name .....
Address .....
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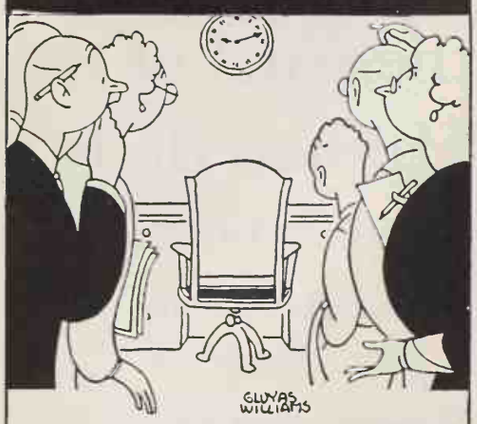
State .....

SERIOUS SITUATIONS



THE VACANT CHAIR

Where is meticulous Mr. Thackelberry who always enters his office precisely at one minute to nine?

SOLUTION: Mr. Thackelberry decided that the 7:55 was well worth missing for a third helping of Log Cabin Syrup and waffles. Men go for Log Cabin with its rich, North Woods flavor. A blend of Vermont maple, Canadian maple, and pure cane sugars. Sealed in the unique Log Cabin tin, so popular with children. A product of General Foods.

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LOW RATES

Comfortable rooms· hospitable service ···· excellent inexpensive cuisine····

FROM FOUR DOLLARS A DAY

COURT ROOMS-THREE FIFTY

MARK HOPKINS OR THE FAIRMONT HOTELS OVERLOOKING SAN FRANCISCO

Managing Club Luncheons

(*Continued from page 24*)

After many months of shopping and menu planning, the commissary chairman has worked out proportions of food to a very fine point. She has discovered that the following quantities are right for serving 100 persons.

Fowl (creamed or in salads)	32 lbs.
Fowl, roasted	50 lbs.
Meat loaf	16 lbs.
Ham, baked	30 lbs.
Lettuce	12 heads
Peas (canned)	16 No. 2 cans
Potatoes (mashed)	25 lbs.
Potatoes, sweet	25 lbs.
Salad dressing (any kind)	2 qts.
Coffee	2½ lbs.
Loaf sugar	2 lbs.
Butter (in squares)	2½ lbs.
(10 slices to a ¼-lb. cube)	
Cream (whipped)	2 qts.
Ice cream	3 gals.
(About 8 servings to a quart)	

If chicken is creamed, one chicken of 4 pounds will average 4 cupfuls of cooked diced meat, and two chickens will serve 25 persons for either a creamed dish or for salad. This can be stretched by adding other ingredients.

Cakes, pies and rolls are figured easily for serving. Allow 2 rolls to a person, unless very large, then figure 1½ per person. Cakes baked in large square pans are best as you can figure the number of servings by the dimensions of the pan and size of pieces desired. A 9-inch pie will serve 6 persons.

One gallon of almost any food, such as puddings, salad, beans, scalloped dishes, vegetables and creamed meats will make 25 generous servings.

If club luncheons have proved a problem in your organization, why not consider the plan of centralized buying for your group? You will find that immediately menus become more interesting, there is a greater variety of food offered and the cost is less. Money can be saved for your club treasury for when a good shopper goes after the purchasing in a scientific way extra pennies are the result. The trend of the times is toward greater efficiency through careful planning. Why shouldn't women's clubs swing into line?

Editor's Note.—Would you like more help with planning luncheons for either home or club affairs? Mrs. Grady, writer of this article, has furnished us with 12 delightful luncheon menus—one for each month in the year—and one bridge club tea menu in addition, which have been used successfully by Bay Region clubs. These menus, with accompanying recipes and special suggestions where such are needed, we have had put up in leaflet form for you. If you would like a copy, just send six cents in stamps to SUNSET Magazine, San Francisco, and ask for the leaflet, "Club Menus by the Month".—G. A. C.

TOILET BOWLS STAY SNOW-WHITE WITHOUT SCRUBBING . . .

Sani-Flush

cleans closet bowls without scouring

YOU don't have to scrub and scour to keep toilets clean. Sani-Flush does the work for you. You don't have to touch the toilet with your hands.

Sani-Flush keeps the porcelain glistening like new. Removes spots and rust. Do not confuse it with ordinary cleansers. It does something that no other method can do. It purifies the toilet trap which no scrubbing can reach. Sani-Flush eliminates the cause of toilet odors.

It is also effective for cleaning automobile radiators. Sold at grocery, drug, and hardware stores, 25c. The Hygienic Products Co., Canton, Ohio.

NRA WE DO OUR PART

MAGIC
Song Restorer and General Health Food

The scientific food to keep your bird healthy, happy and in song throughout the year.

of thee I sing

Free—Canary book sent on request. (Illustrated.) Tells how to breed and keep them healthy.

Every bird lover should have this delightful and instructive book.

If you wish a minature can of Magic Song Restorer included, send 4 three cent stamps to cover handling cost.

THE NATURE FRIEND, Inc.
1840 Boone Avenue, New York, N. Y.

Pacific Coast Distributors:
SHERMAN T. BLAKE CO.
240 Sacramento Street, San Francisco, Calif.

Madrone Trees

THE tall madrone trees
Upon the hills of Siskiyou
Are white with blossoms in the spring.
They gleam among the firs like snow.
Their scent is like the cloistering
Of a thousand honey-bees.
You would know
Madrones in the dark
In spring in Siskiyou.

The tall madrone trees
Upon the hills of Siskiyou
Are red with berries in the fall.
They gleam among the pines like fires.
Their sheen is like the red-gold wall
Of heaven, that the sunset sees.
The chipmunks
And the birds hold carnival
In fall in Siskiyou.

The tall madrone trees
Upon the hills of Siskiyou
Are warmly green in winter time.
They gleam against the drifts like wreaths
Of holly leaves when Yule bells chime
Upon the cold and star-lit breeze.
The deer find
Food and covert there
In winter time in Siskiyou.

The tall madrone trees
Upon the hills of Siskiyou
Raise copper trunks above the trail
Like Launfal's burnished armor when
He rode to seek the Holy Grail.
They gaze across to distant seas.
Sometimes I think
God smiles when He looks down
Upon the hills of Siskiyou.
—Clare Polsley Harrison.

Eucalypti at Dawn

THEY can't be real—too slim—too high!
A mirage of trees on a shell pink sky!
Their limbs like a dancer's arms for grace
Drip shadowy wisps of ragged lace
That tremble and quake in the slightest breath
Of the stirring day . . . in the fear of death.
Hush World! Not a sound to freighten these
Timid ghostly trees!
—Elma Marlatt Dean.

On Beauty's Loom

THE painted wings of butterflies,
The pool where patterned sunlight lies,
The fragile ferns, like twisted lace,
The winsome look on a violet's face;
The hyacinth beside the wall,
Flute-like notes of a robin's call,
Spangled dew adorns the leaves,
All day, in beauty, nature weaves.
—Harriet Markham Gill.

Mrs. Smith plays bridge—

While Mrs. Brown "does the cooking"

But Mrs. Smith's Dinners are on Time!

Mrs. Smith doesn't neglect her family. Her meals are delicious, well-cooked, on time. And more important, Mrs. Smith herself is always rested, ready for anything—a gay, interesting hostess and a charming, intelligent mother. She's learned to let electricity work for her—she really *uses* her range, her refrigerator.

Perhaps you've already thought of buying an electric range, or a refrigerator, and realize the economy, the convenience of these appliances. We will be glad to send you information, together with our booklet the "House of Charm"—free. Fill in coupon and mail today.

PACIFIC COAST ELECTRICAL BUREAU, Department A-3
447 Sutter Street, San Francisco

Please send me *free* literature on electric ranges. ☐ I am also interested in—
Household appliances ☐ A refrigerator ☐ Outdoor lighting ☐ Re-wiring ☐
Correct lighting ☐ Wiring a new home ☐

NAME .....

ADDRESS .....

CITY ..... STATE .....

I'd like to go to MEXICO BUT...

IS IT WORTH WHILE?

Yes. You will see magnificent churches, mysterious ruins built by forgotten races, snow-capped mountains rising 17,000 feet and more, tropic beaches fringed with coco palms. But you will remember longest the people—the friendliest, happiest people in the world—and the markets where they sell the beautiful things they make by hand.

HOW FAR IS IT?

Mexico is our closest really foreign country. Via Southern Pacific's *West Coast Route,* Mexico City is only three days from Los Angeles, four from San Francisco, five from Portland. Pullman cars run from Los Angeles straight through to Mexico City.

You can see a lot of Mexico in two weeks, but once you go you'll want to go back again and again to see the places you missed.

IS IT SAFE?

Is Chicago safe? Is New York safe? The Mexicans don't think so. For in Mexican cities, unarmed men carry big bags of money around and no one dreams of molesting them.

If you go to Mexico as a friend, you will be treated as a friend. If you go with a chip on your shoulder, someone may knock it off. That is true of any country.

HOW IS THE WEATHER?

You can find almost any kind of climate you wish in Mexico. Mexico City has the highest average of sunshine in the world, but the sunshine is tempered by the altitude (7,440 feet above the sea). Its climate is delightful all year round, and so is that of Guadalajara (5,000 feet high). Residents of these cities prefer the summer season because the daily rain of one or two hours brings out a gorgeous array of flowers. There is no rain in winter.

WHAT ABOUT HOTELS?

In many of the smaller places, hotel accommodations are primitive. But you'll have no difficulty in Mazatlan, Guadalajara, Mexico City, and most of the other large cities.

WHAT WILL IT COST?

First, consider the rate of exchange. $100 in American money swells to more than 350 Mexican pesos, and a peso looks just as big in Mexico as a dollar does here. The rail roundtrip fare from San Francisco to Mexico City is only $107.25, from Los Angeles $96.10 (40-day return limit). Even lower fares will be in effect this summer. Pullman charges have been greatly reduced.

You can live very comfortably in Mexico for $5 a day, including hotel, meals, sightseeing, etc.

WRITE FOR THIS BOOKLET

An average tourist made his first trip to Mexico this winter and wrote an account of it. We had it printed just as he wrote it—honestly and frankly. If you would like a copy, write F. S. McGINNIS, 65 Market Street, San Francisco, H. P. MONAHAN, Pacific Electric Bldg., Los Angeles, or J. A. ORMANDY, 705 Pacific Bldg., Portland, Oregon.

Southern Pacific

Out-of-Doors

WITH J. P. CUENIN

THERE are very few fishing lines worn out by use. When a line has reached its last stage of usefulness, the cause, in nine cases out of ten, is neglect, and most of the trouble comes from rot caused by moisture.

Lines should always be dried as soon as possible after the angler stops fishing. This is especially necessary with silk lines, and even linen lines will become weakened by dampness.

Silk lines will not last long if they are used in salt water, and strong alkali water is injurious to silk. If a silk line is used in salt or alkali water it should be thoroughly rinsed in fresh water and then dried. If the salt is not removed it will attract moisture even though the line is temporarily dried, and moisture will quickly rot silk.

While linen lines will not rot as quickly as those made of silk, the life of a linen line can be prolonged greatly if it is rinsed in fresh water and dried each time it is used in salt water.

The strength of an oil dressed or enameled fly line will be retained for many years if the coating over the silk is not chipped off or cracked, for the dressing prevents the water from reaching the silk. If the dressing has been scraped off the line a drop or two of spar varnish applied to the bare spot to form a new covering will help to preserve the line.

While on the subject of fly lines I might add that the dressing is often scraped off by cracks in agate guides, so if these guides are used they should be examined carefully with a magnifying glass.

If a rod equipped with agate guides is dropped there is a chance that the agate might be cracked or chipped, and the sharp edge will ruin a line. Even undressed silk plug casting lines can be weakened by scraping overrough guides.

To An Easterner

I WANTED to send you Mt. Rainier
But folks won't part with it out here;
I wanted to send you Puget Sound
Or one of the lakes I see lyin' around;
I wanted to send you a mild winter day,
Or one of the beaches on which you could play;
I wanted to send the Olympics, snow-capped,
Like a silver accordion in God's lap;
I wanted to send you the scent of the pine,
The thrill of a trout on the end of your line,
The mountains, the hills, the meadow lark trills,
The climate that banishes all of your ills—
But these are the gifts of God to give.
Come on out West and begin to live!

—Faye Neely.

PHOTO COURTESY FRED HARVEY, TRANSPORTATION DEPT.

Sunset Travel & Recreation

CONDUCTED BY HELGA IVERSEN

Ten Pages of Vacation Notes, Answering Your Question of Where and How to Go

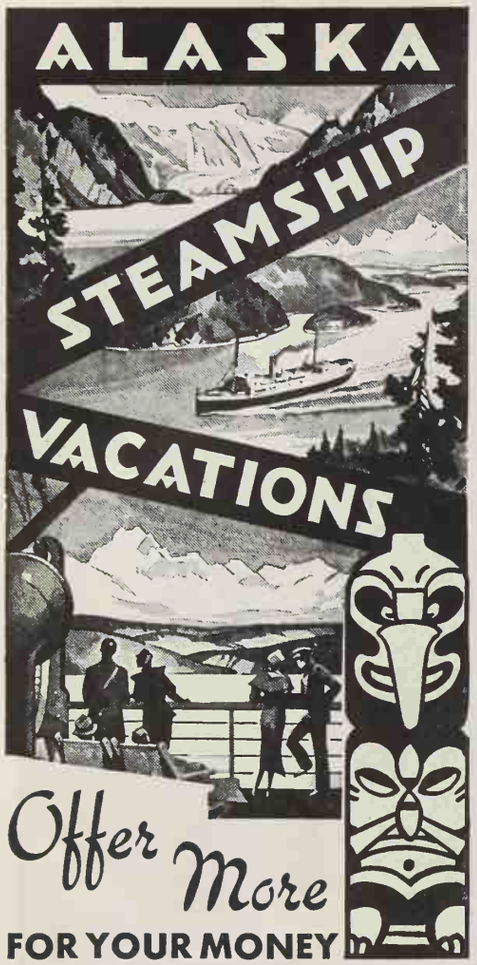
IF you can conceive of a hole in the ground so large and so deep that the Empire State Building, or the Eiffel Tower, or the Washington Monument could fit into it and still seem dwarfed, you have but a vague conception of the Grand Canyon. The above photograph was taken on the south rim of the Canyon looking across to the north rim, and while it will in a small way convey to you the beauty of this region, no photograph can do justice to the exquisite colorings and to the immensity of the canyon. Here the scientist finds marine life and shells of centuries ago when this canyon, now 7,000 to 8,000 feet above sea level, was entirely under water; the naturalist finds plant life of a half continent concentrated in one area; the artist finds a riot of unbelievable colors; and the vacationist a sight never to be forgotten. The Grand Canyon is one of earth's scenic marvels that defies description and that must be seen and felt to be truly appreciated. Excellent highways lead to the rim of the canyon, and through train connections with sleeper are available the year around. A modern hotel provides the comforts of a country club, and cottages and camps furnish good accommodations. Literature on the Grand Canyon, accommodations, rates, etc., are available for a three-cent stamp. Please specify whether you plan to go by rail or by motor when writing for literature.

Japan in Cherry Blossom Time

Travel Editor, Sunset Magazine:

I am planning a tour of Japan this spring. Have you any information on such trips?—S. L., Fallon, Nevada.

Poets have extolled its beauty; writers have rhapsodized; and travelers have found words inadequate to convey the exquisite loveliness of the Island Empire in April, the month of cherry blossoms in Japan. The entire land is covered with roseate clouds of bloom, and the world-famous Cherry Blossom dances are presented at the larger theaters. Festivals depicting the ancient manners and customs of this country are held throughout Japan. April is an interesting month in which to enjoy the gayer sides of Japanese life. Either conducted or unescorted tours can be arranged by local travel agencies to suit your time



Offer More
FOR YOUR MONEY

Here is an ocean voyage through land-locked seas—offering scenic attractions en route! . . . quaint mountain-backed towns . . . spectacular living glaciers . . . picturesque Indian villages and grotesquely carved totems . . . places of intriguing historical interest . . . vast natural beauty, unspoiled. Alaska is a varied vacationland, with an appeal for each member of the family.

Break away from the commonplace this year. Only The Alaska Line offers a choice of Alaska vacation cruises and tours — as short as 11 days from Seattle — as low as $80 round-trip, first-class. Superior accommodations . . . world-famous cuisine . . . congenial shipmates.

Alaska's glories are at their height from early May to September — an extensive travel season with modern Alaska Line ships sailing twice weekly. See Alaska this All-American way.

Something new under the midnight sun! An Alaska Line cruise above the Arctic Circle! Ask for details.

A GOOD-NATURED MAP

Get this amusing, illustrated map of Alaska in full color. Instructive—suitable for framing. Send for it now!

ALASKA STEAMSHIP COMPANY
Pacific Steamship Lines, General Agents

Here's Your Coupon

ALASKA STEAMSHIP COMPANY—Room 408
Pier Two—Seattle, Washington

☐ Send free literature on Alaska vacations.
☐ Tell me about the Arctic Cruise.
☐ Enclosed is 10c *(stamps or coin)* for the good-natured map of Alaska.

Name _____

Address _____

City and State _____

Travel & Recreation

and finances. Japan is about two weeks from San Francisco, Seattle or Vancouver, and Portland, and slightly more from Los Angeles. We have sent you a booklet outlining one of the first spring tours to the Orient. The ship leaves Los Angeles March 19 and San Francisco March 22, calling at Honolulu and Yokohama, with trips inland and overland to Tokyo, Atami, Miyanoshita, Kyoto, and Kobe. The ship returns to San Francisco May 9 and to Los Angeles May 12. The fare of $852 covers first class fare and all expenses for the entire cruise.

Can We Drive to Mexico City?

Travel Editor, Sunset Magazine:

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IF you go to Zion, Bryce or the Grand Canyon this summer, don't forget to take the short side trip from Las Vegas, Nevada, to Boulder Dam while in the vicinity. This is one of the greatest engineering projects yet undertaken, and is well worth your while for the short time required to reach Boulder City and the damsite from Las Vegas—about 23 miles over good road. Las Vegas, one of those towns with a western frontier atmosphere, offers good accommodations necessary to make your stopover enjoyable. In addition to the trip to Boulder Dam, motorists will enjoy the trip to the Valley of Fire and the Petrified Forest,

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An all-inclusive tour ticket means that when you buy your ticket all arrangements for your trip are settled at once, and you can devote your entire time to the enjoyment of the trip. Such a ticket includes round trip steamer transportation, deck chair and steamer rug, baggage transfer, automobile service between steamer and hotel, meals and hotel accommodations, and sightseeing

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Hawaii

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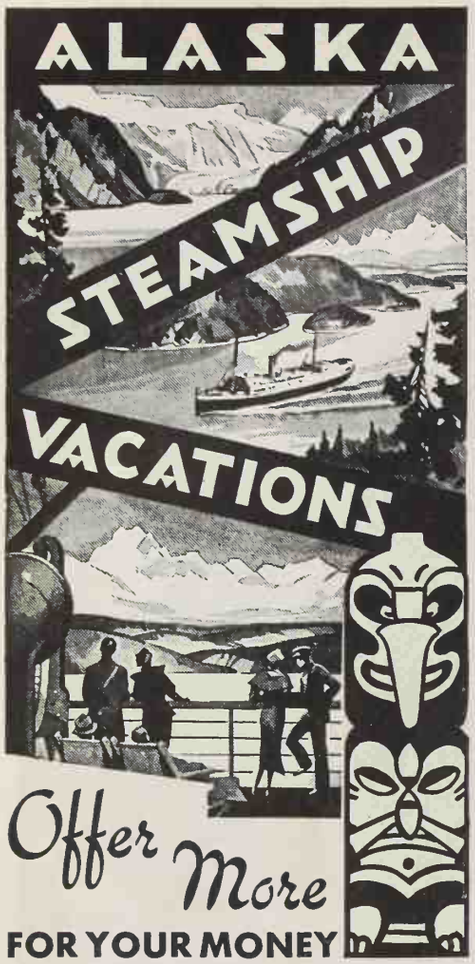

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and finances. Japan is about two weeks from San Francisco, Seattle or Vancouver, and Portland, and slightly more from Los Angeles. We have sent you a booklet outlining one of the first spring tours to the Orient. The ship leaves Los Angeles March 19 and San Francisco March 22, calling at Honolulu and Yokohama, with trips inland and overland to Tokyo, Atami, Miyanoshita, Kyoto, and Kobe. The ship returns to San Francisco May 9 and to Los Angeles May 12. The fare of $852 covers first class fare and all expenses for the entire cruise.

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Hawaii

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expenses while ashore. On all-inclusive tours all necessary arrangements are made well in advance of your arrival. In many cases the inclusive tour is a special item during the summer season, but in the case of travel to Hawaii it is a year round feature. You can make the round trip from San Francisco to Hawaii in 16 days, allowing five days in Honolulu. Using first class accommodations on board ship you can buy an all-inclusive ticket for $263.40; using cabin class on board ship the ticket will be $193.40. Rates vary also according to the hotel you choose during your stay in Hawaii, and the literature that has been sent to you gives full particulars. We have also sent folders on the two leading hotels on the beach at Waikiki.

Vacation Reminders

A NEWLY issued booklet on "What to Do and See, and What It Will Cost," has just been issued covering the territory of Southern California. It is the official tourist guide, and most comprehensive and complete for the traveler who contemplates spending a week or more in Southern California. Write SUNSET Travel Department for a copy of the booklet.

* *

If you motor north this summer, plan to visit the lovely Olympic Peninsula in Washington. The Olympic Loop Highway circling the peninsula is splendid, scenery is endlessly beautiful, fishing and hunting good, and accommodations numerous. This region is one of the last frontiers of the Northwest Indians, and they may be seen still living according to their own modes and methods. Hollycroft Gardens at Gig Harbor are worth a visit. Not only is the farm devoted to the growing of English holly, but there are many varieties of pine, fir, cedar and spruce as well as a valuable collection of shrubs. Write this department for literature and maps on the Olympic Peninsula, enclosing a three-cent stamp with your request.

* *

If you have not yet acquired "sea-legs" for a contemplated voyage to Europe, and the prospects of a week or more at sea are disturbing, investigate the St. Lawrence Gulf route—the smoothest waterway to Europe. The ship sails inland seas from Quebec and Montreal for two days before hitting the open sea for a short crossing to Ireland and Scotland. Write for literature on this smooth route to Europe.

* *

Tia Juana in Old Mexico, 15 miles across the border from San Diego, has been declared the only "free port" in

HERE IS RELEASE from wearisome routine —the soothing peace of the South Seas to solace harried nerves and remodel dispositions frayed by trying days and endless tasks —enchanting adventure, to capture anew the thrills of anticipation, the delights of joyous realization. Today, the blue and silver of the silken Pacific. Tonight, the purpled heavens spangled in tropic starlight. Tomorrow, an Eden-like Isle and the age-old spell of pagan harmonies surging with the cadence of the sighing surf.

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* *

For the timid traveler who hesitates making a trip across the Pacific for fear of being lonesome, the employment of official hostesses on board some of the trans-Pacific ships is good news.

* *

The little town of Ensenada in Baja California has made a name for itself. Situated in the cove of a beautiful bay and harboring remnants of the atmosphere that belonged to that part of the country during the Spanish regime, Ensenada is reached by motor over fairly good roads (about a three-hour drive from San Diego), or by coastal steamer. Connections can be made by steamer from Seattle, Portland, San Francisco and Los Angeles during the regular season from May to September.

* *

Eighteen-hour service between the Pacific Coast and the Atlantic Coast by air is not the only indication of the rapid strides of air transportation. A "Flying Sleeper" is now being operated regularly over the New York-Atlanta route on the East Coast, providing sleeping accommodations for night-flying passengers. The ships carry six berths equipped with reading lights, ventilators, clothes hangers, etc. Write SUNSET Travel Department for schedule of air service to all parts of the United States and Mexico.

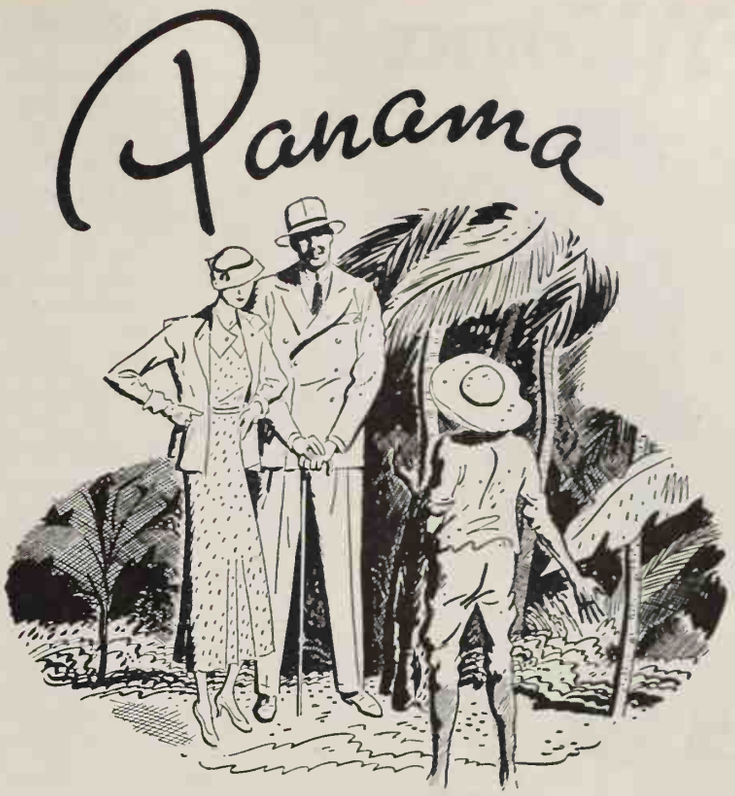
Rambles in Europe

WITH JANE C. HIGBIE

ONE of the most charming bits of German countryside is the Black Forest. Fertile valleys, fruitful vineyards and ruined castles create beautiful pictures for the traveler, while the people of the section are hospitable and interesting as they pursue their daily tasks, clad in the garb of their forefathers.

Occasional glimpses of the Rhine hastened our steps through this picturesque country, I holding the hope that somewhere we would see a stork's nest. And we did! At a turn in the road we came upon it. Jutting out from the side of a broken tree trunk, like a circular shelf, was the great nest with Mr. Stork perched in dignity upon it, silhouetted against the evening sky. When we had passed, I wondered if it had been only a page from Grimm's Fairy Tales. All day we had been seeing tiny cottages and people who seemed to have stepped from between book covers, but this was real, for as we turned away the bird spread his great wings and sailed gracefully down to the green meadow.

On we went, arriving at Weisbaden



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Travel & Recreation

(of tree-lined streets and many "cures" or "Bads") weary and grateful for the feather-bed comfort we found at the hotel. A large white building it was, set in a lovely park. We woke to hear a mocking-bird singing in the rain, and we knew that our trip down the Rhine would not be at its best in such a downpour.

It took courage, but nevertheless on we went, down the river of historic and natural beauty.

Familiar names greeted us, as we floated along: Bingen, beloved of our declamatory days; the rock of the Lorelei. Castles on small islands stood out in mid-stream, and tiny toy-like homes dotted the hillsides.

There was Coblenz, well known to the soldiers of the American Occupationary Forces, during the after-war years. There was Bonn, birthplace of Beethoven. There was Cologne, of the graceful bridges and beautiful twin-spired cathedral.

Cologne, largest of German towns, is the center of the river traffic. Narrow streets and quaint buildings give the casual tourist no hint of the city's important commercialism, here in the heart of the Rhine-country.

Crossing the square we loitered at a window to admire huge bottles of the world-famed cologne. Suddenly we were conscious of the drone of heavy air-motors, and a shadow above us became the Graf Zeppelin on its evening trip to Rome, traveling so low it seemed almost to brush the tops of the buildings above us.

When the impressive spectacle had passed, we turned away in silence, an imprint deep upon our hearts. Throughout the length and breadth of this country of quaint customs and thrifty tillers of the soil is felt the dominant hand of steel, which feeds the furnaces of the gigantic armament factories—ever blackening the fair and peaceful skies with the black cloud of conquest and of War.

DID you get a copy of the new U. S. Touring Map? Our supply has just been replenished, and we are offering these maps to readers for a stamp. This edition of the touring map covers all new highways and gives mileage, type of road, etc. Address your inquiry along with any vacation questions to the Travel Service Department, Sunset Magazine, San Francisco.

Spring Magic

SAP of the spring, you stir in me
A strange, recurrent ecstasy;
And barren dreams, beneath your dew,
Burgeon within my heart anew!

—Pearl Riggs Crouch.

OBERAMMERGAU PASSION PLAY

Because 1934 is the Tercentenary Anniversary of the Oberammergau Passion Play, the 33 performances to be given from May 21 to September 23 will be augmented by a stirring historic play depicting the events of the Thirty Years War which led to the first Play in 1634. At travel costs comparing favorably with previous years, it is possible to combine a European trip with a visit to Oberammergau.

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Monthly from $60

ON THE FIFTH AVENUE OF THE WEST

LOS ANGELES

Our Western Wonderland

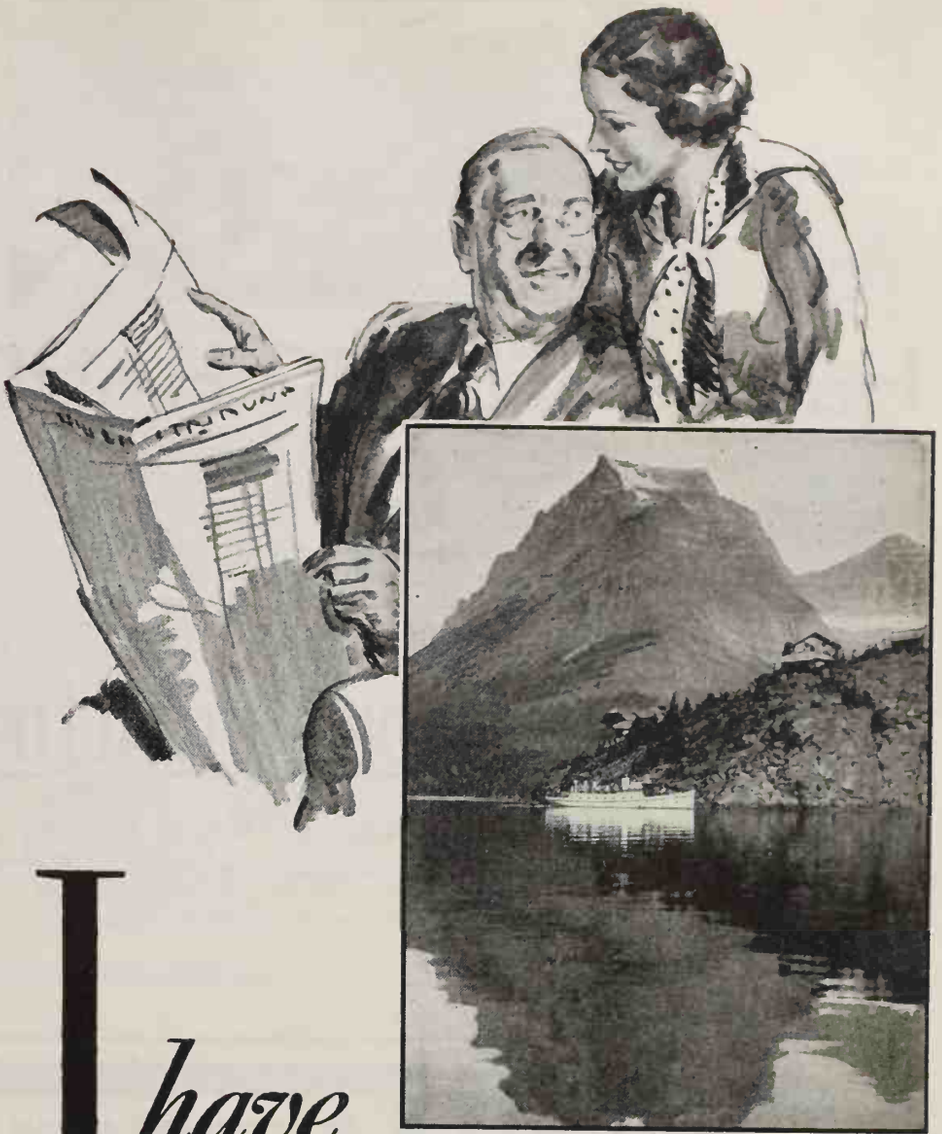
By C. Frank Brockman

THOSE of you who find the woods and mountains of the West as inviting during the winter as in summer may wonder at times how the various birds and mammals of the mountains manage to find enough to eat at this season of diminished food supply. No doubt the various animals do suffer at times for the mountains seem to be as barren of nourishment as Mother Hubbard's well-known cupboard. Yet Nature has equipped many animals with hardy constitutions that enable them to survive the wintry ordeal or she has provided them with the means to prepare for the lean months at this time.

Many birds, of course, seek the lower elevations where more moderate climate and the presence of human beings make for an abundant food supply. But others prefer the solitude of a winter landscape to the greater comfort of regions to the south or at lower elevations. This brings to mind an experience on the winter trail with a "Camp Robber" or grey jay. We had been traveling for two days over deep snow in the subalpine regions and in all that time had seen not one sign of a living thing. A small cabin, which was our objective, was reached near mid-afternoon of the second day and we hurriedly dug our way to the door, uncovered the chimney and kindled a warming fire. Also to relieve the semi-darkness of the cabin a bit, one of the windows was uncovered and upon the sill outside we found a partially used bar of soap, frozen to the wood. And thus comfortably warming ourselves at the cheery fire in the stove we thought that we were the only animals in this high, wintry region when a rapping on the window gave evidence of the presence of a visitor. It was a lone "Camp Robber" who had flown in from somewhere and who thought to find, in the frozen soap, a bit of nourishment. Needless to say we shared the hard tack of our packs with our unexpected guest.

Many birds find "good hunting" in the woods during the winter. Creepers, various woodpeckers, nuthatches, etc., seek among the various crannies in the bark of trees for insects—and apparently with good results. Grouse will eat the buds of conifers and the same is true of ptarmigan; I have also seen the latter feeding upon the buds of alder where the branches of these shrub-like trees protruded above deep drifts.

Bear, marmot and others simply eat themselves fat in the fall of each year and by the process of hibernation sleep their winter's troubles away. Others are possessed with boundless energy and a "collector instinct"—only in this case they collect things of practical value to



Going-to-the-Sun Mt. on the Logan Pass Detour, Glacier National Park

I *have* Dad's okay

● Mother and I have arranged the most *wonderful* trip this summer—and Dad has okayed it, the old dear. We're traveling East on the Empire Builder and stopping off at Glacier Park to meet Dot. After sightseeing in Glacier Park, including the ***Logan Pass Detour,*** we'll take another Empire Builder to Chicago (they say the World's Fair will be even *better* this year than last), and after Chicago we're going to New York, Washington and Boston. Isn't that thrilling? Dad says he's thrilled because Great Northern train and Pullman fares are *lots* lower this year.

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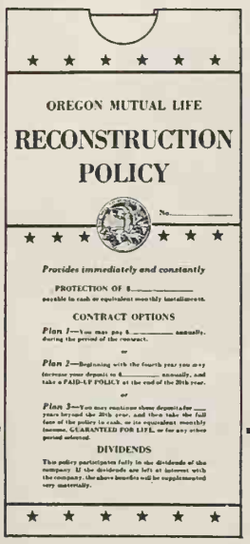

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Travel & Recreation

themselves such as food for winter use. The Douglas squirrel is one of these and his fall days are spent gathering cones of various conifers. He gathers more than he can possibly use and in that way, by storing them in the soil, aids in some measure the process of re-forestation. The cony, living in the rock slides, forages afield in search of vegetation which he piles upon the rocks to dry and cure before dragging it away to his burrow for winter use. Mountain goats seek exposed ledges where the high winds keep the earth free of snow, while the various predatory animals like the cougar, bobcat, etc., prey upon the weaker and more defenseless animals. In such ways do the animals of the mountains survive the rigorous winter season.

What's In A Name?

YOU have never seen a cake "walk" or a horse "fly" and you would never look into the heavens to see a movie star; here are a few more misnomers, only in this case we find them in the realm of Nature.

The mountain ash belongs to the apple family and the mountain beaver is the sole remnant of a once widespread group of rodents but not by any means a beaver. Neither does he live exclusively in the mountains as many people who live on the outskirts of cities, in the Northwest at least, will testify after this animal has chewed up some of their prize shrubbery. The Oregon grape belongs to the barberry family and of course is not a grape. The common name of one of our most important forest trees is Douglas fir or Douglas spruce—but it is neither really a fir or spruce; neither can it be correctly classified as any of the trees referred to in its scientific name (*Pseudotsuga taxifolia*) which means false hemlock with foliage like a yew, for it certainly is neither hemlock or yew, being a distinct genus in itself. Fool's gold is well named in a way for it is not gold, although it resembles this precious metal in appearance, being a combination of two minerals—iron and sulphur. The flying squirrel does not really fly.

Now that I have given you a start, see how many more of these misrepresentations you can think of in Nature's realm.

How to Store Trout Flies

Every spring when the trout season opens there are anglers who get out their kits to find that the pretty flies that they had stored for the winter have been made useless by moths. There may be time to save improperly stored flies if they are overhauled now, placed in moth-proof containers and a moth repellent used.

Glass fruit jars are excellent contain-

ers for flies, and a camphor ball in each jar will be added insurance. A few drops of turpentine sprinkled in each jar will be effective against moths.

Spinners, trout or bass flies that are wrapped with tinsel, and bass plugs equipped with polished metal lips or collars, should never be kept in boxes in which there is rubber. The sulphur in the rubber will cause the metal to become black. It is not advisable to use rubber bands on the cardboard boxes in which plugs are bought, nor to keep the lid of a small tackle box closed with a rubber band, for the rubber, even though outside the box, will darken polished metal.

A Book Worth Buying

PERHAPS because it is the home port, but we can't help feeling a little proud of our copy of "San Francisco; A Pageant," by Charles Caldwell Dobie (Appleton Century, $5.00). Of interest to the prospective visitor it has however, to our way of thinking, a much wider appeal for those who know or have known the City by the Golden Gate. The book strikes a nostalgic note in the hearts of men who have been a part of the loveliness, the charm, the gayety, the intensity, the vibrant history of San Francisco. Each one has perhaps even lived a part of the book. It is a sweeping, colorful pageant of San Francisco's history from the time of the missionary, the Indian and the Don, "up to now," richly illustrated with pencil drawings. All we could say about this book, its literary value, the typography, binding, exquisite sketches by Artist Suydam, has been expressed in the comment of a homesick friend who wrote, "The text is marvelous; the illustrations a joy to behold—one of those books that, once you have put it down, continually bedevils you with the obsession that somewhere you have left an exceedingly rich source of delight that you must hurry back to!"

A Bigger and Better Fair

THOSE who missed the Century of Progress Chicago Fair last summer will have another chance at it. June first marks the opening date of the 1934 Exposition in Chicago, and publicity material which reached us today from there is full of news about interesting new exhibits, concessions, horticultural displays, European representation, and inventions that have come to light since the closing of the Fair last year. The Century of Progress will remain open until November 1. Remember that summer rail tickets go on sale May 15, and fares to Chicago will be very reasonable. For further information about this or any other vacation trip, write to Sunset Travel Service, 1045 Sansome St., San Francisco, enclosing a three-cent stamp for our reply.—Helga Iversen, Travel Editor.

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Housekeeping For Beauty

By Barbara Lenox

THERE'S not a new idea under the sun they say, but I've come across a perfectly fresh combination of beauty ideas that I think will please every woman who likes to garden, goes on painting sprees, and perhaps has a husband, three children and an Airedale to look after on the side.

Most of us have looked upon housework and gardening as a handicap to beauty; dishwashing we believe makes our hands rough and ugly, but did you know that dishwashing can really improve your hands, and in addition make your back and shoulders twice as lovely in an evening gown? You could join an expensive exercise class, and yet not gain any more beauty than you can in your own kitchen—at least that's what Mrs. Walter Anderson of San Mateo told me, when I asked her how she kept her hands so lovely. (You see I like to give you facts rather than theories, so I've been interviewing some of our Sunset readers.) Mrs. Anderson tells me she reads Sunset from "kiver to kiver." She is a deft and delightful hostess. She keeps her skin in perfect condition by cleansing with cream and soap once a day, likes moist rouge, yellow roses, and her cheese souffles are excelled only by her avocado cocktails.

Mrs. Anderson manicures her own nails, using a deep rose shade of nail polish. And this is the way she washes dishes: first take some cream of the cleansing or tissue type, and rub it thoroughly into the hands to make an invisible glove. The usual process is to cream the hands after washing dishes, but we're going to be different, and for a very good reason, too. You see, hot water dries the natural oil from the skin —that's why your hands feel so dry and rough after washing. So we're going to prevent the natural oils from being dried out by creaming the hands first. The cream gives a coating to the hands that protects them from water—the same idea presumably as water rolling off a duck's back.

As you wash dishes bend slightly from the hips, and remember to keep your abdomen drawn in. Have a window open and breathe, deeply, slowly, regularly. Lungs need washing as much as dishes. As you rub, keep the action in the wrists and elbow joints. Now another deep breath—there. Oxygen helps to keep the skin clear and healthy, so that's one reason why you must breathe long and often. Putting the dishes back on the shelf exercises the muscles of the back and shoulders, but remember to keep the chest up as if pulled by a string attached to the ceiling. This will eliminate that disfiguring "S" line in front and in back. At a recent fashion show a model demonstrated very effectively how a gown can be changed from an ugly, ill-fitting covering for the body into a thing of beauty by simply a change in posture, so while doing housework, why not make a conscious effort at standing beautifully, so that you will look smarter and more charming in the role of hostess?

As soon as you finish the dishes rub a little hand lotion on the fingers and hands, and why not keep a beauty kit in the kitchen? Every busy woman really needs two sets of beauty tools, one for the kitchen and another for the dressing table. In the kitchen you will want a jar of cream, a hand lotion, a deodorant to take away the tell-tale marks of the delicious but odorous onion, gauze and antiseptic for cuts, and a soothing ointment for burns (I have found an excellent product for burns in case you are interested).

The glove habit is of course an excellent protector for hands, but there are women who simply can't work with gloves on, and if you happen to be one of them, try at least to sleep with gloves on. That really will make your hands lovely, and if you have any doubt about this, try it for a week and notice the result. There are special gloves for this purpose, and if you're interested I shall be glad to give you the price and tell you where to get them. In gardening, insert

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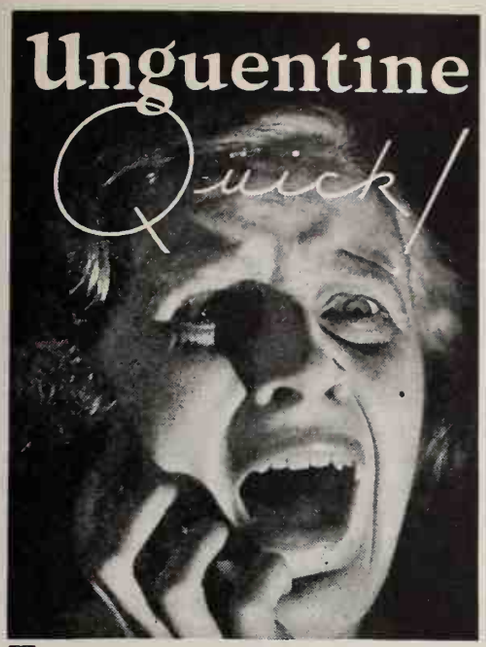
Miss Dorothy Parsons lives in Oakland and is a regular follower of the Sunset Health and Beauty Department. She keeps her skin in perfect condition with an all-purpose cream, an almond meal wash, and likes moist rouge, light shade.



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white soap under the nails to protect your manicure, and always cream the hands before and after work. Planting and pruning and raking and all forms of gardening can give beauty to the body as well as to the garden. When lifting anything, remember to bend the knees and keep the back erect. If you allow your body to sag when lifting heavy weights, too great a strain is brought on the back and abdominal muscles. You suddenly feel tired. But there's a worse danger. If you keep on lifting things in the wrong way over a long period of time, you may develop a condition known as ptosis or sagging muscles. Aside from the effect on your health, you know how that sort of bulge can spoil the looks of the loveliest clothes.

In doing housework or gardening, always keep the abdominal muscles taut, pull on your vacuum cleaner or rake rather than pushing it, as a push is inclined to flatten the chest. When rising from a kneeling position try to use the leg muscles, and make the movement smooth and coordinated. So many women unfortunately make themselves look ridiculous when picking up an article from the floor, or rising from a very low chair, so do use your garden opportunities to learn to make these commonplace movements charming and graceful.

Good Equipment a Beauty Aid

Comfortable low-heeled shoes, and plenty of efficient modern equipment for housework and gardening will make your work more enjoyable and beneficial. Discover the new gadgets for house and garden—many of them will save you time and prevent loss of youth and beauty. A really good self-wringing mop for instance will save an amazing amount of wear and tear on hands, long-handled brushes and efficient cleansers for cleaning woodwork and bathtubs will give you many extra hours for relaxation.

At the first signs of fatigue it is always smart to stop and rest for even a few moments. If your feet ache or burn, a hot Epsom salts foot bath will refresh you, and for the body a salt rub followed by a warm, then a cold rinse will prove a good pick-up emergency treatment. If possible lie down for an hour, and don't let your thoughts sit around in a family circle while you rest, just let go and get the most out of your period of relaxation. Mold the face with a good cream before lying down, and let it do its magic work while you rest, and always put little pads of cotton dipped in skin tonic over the eyes. A face pack of honey and almond or soothing herbs and astringents will leave your skin clear and glowing (I shall be glad to send you directions for face packs on request. Please include a stamped self-addressed envelope.) As a finish to your treatment always use a generous amount of skin tonic or astringent to close pores.

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This Month in Your Garden

Written Especially for the Bay Region

By Marie Olsson

IT'S daffodil time in Sunset Land! Why not suggest a daffodil show to your garden club president for this month? If you do sponsor such an event, won't you please tell us about it so that we may plan to visit you on the proper day?

Chrysanthemum Cuttings

"Mum" cuttings should be made this month. Around your old plants you will note new young shoots. It is this stock that provides the cuttings. Place each cutting in a box of coarse sand protected from cold drying winds, and allow it to root. In two months the cuttings should be ready for their permanent place in the garden. The chrysanthemum is the queen of the fall garden—now is the time to prepare for such a show.

Spring Care of Iris

Your bearded iris (*I. Germanica*) will be well on the way to bloom at this season. Since iris respond to lime and phosphoric acid in our western soil, give them applications of blood and bone meal during this period of growth. The blood meal produces nitrogen while bone meal is rich in phosphoric acid. A cupful of each for each plant, cultivated into the soil around the rhizome, will be sufficient. Water the plants every other day until the blooming season is past, and mulch the fleshy root with a three-inch layer of peat moss in case of hot scorching sunshine.

Beardless iris need much the same treatment, except that oak leaf mold and peat moss should be worked into the soil in which they are growing since they respond to an acid soil condition.

Right here is my opportunity to tell you about a delightful hillside planting I saw last year. Yellow and brown, and yellow and red irises, planted with red and yellow broom. The effect was unusual and unforgettable.

Other Tasks for March

Continue to plant gladiolus bulbs this month. By planting a dozen or two every three or four weeks for the next few months, you can have a succession of bloom all through the summer and fall.

Spray your English hawthorne tree with a nicotine sulphate solution for aphis. This disease is characterized by a black smut on the foliage and stems.

Begonia tubers and seed may be planted all through March. Begonias grown for their foliage rather than their flowers may be propagated from a leaf of the plant. Lay the leaf on top of the soil in a flower pot or seed box, and firm a half-inch layer of soil on top of it. In a short time small plants will come up all around the edge of the leaf.

For those of you who have a rock garden, a broadcast of portulaca seed over the entire area will be the finishing touch to this outstanding feature of your garden. This plant will creep into every tiny unplanted nook and give dots of gay color. Get a packet of mixed colors, both single and double types.

Tall Growers

In every garden there are locations where tall-growing plants can be used to good advantage. The annual hollyhock, unlike the old-fashioned perennial or biennial hollyhock, produces plants four to five feet high with masses of large blooms. Their location in the garden should be trenched for at least 18 inches, and well-rotted manure incorporated with the soil since they are gross feeders. Obviously their place is in the rear of the border or in a spot where they do not over-shadow lower varieties. They show off best when planted 18 inches apart in a group of three or four, with a strong stake in the center for support. Just before the flowers open, incorporate commercial plant food in the soil around each plant, following directions given on the container. Seeds of hollyhocks may be planted now or you can obtain small plants from your nurseryman. Pink hollyhocks with white phlox in front, intermingled with spikes of deep blue delphinium make an exciting combination. Some other tall growers are globe thistle—which is also good in front of hollyhocks—salpiglossis, antirrhinum, and larkspur.

Shasta daisies may be planted this month. And do try the double type. Three clumps of these showy white flowers in my own garden have continued to bloom all through the year.

Three Unusual Heathers

Many gardeners are content to beautify their gardens with shrubs common to the gardens of their neighbors, and thus many fine shrubs are neglected simply because they are unknown to the average home owner. Under such a head are the tubular heathers. *Erica hyaline*, with pale orange tubular flowers, and *E. willmoreana*, with deep peach colored tubular flowers, are two fine shrubs for your garden. They grow to a height of from two to five feet, bloom from November through February, and harmon-

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ize with most garden flowers. *E. blanda*, with crimson tubular flowers, is the freest bloomer of all, with flowers ten months of the year.

The only requirements the heathers ask are good drainage, plenty of moisture through the summer time, and an acid soil condition. Right here you ask, "How does one know if the soil in his or her garden is acid?" The answer is an easy one. Buy a small piece of blue litmus paper. Insert it into damp soil and if it changes to pink or red, the soil contains sufficient acid to grow acid-loving plants, such as heathers, azaleas and rhododendrons, andromeda, kalmia, trailing arbutus, ferns, wild huckleberry, and camellias. If your soil does not contain acid, this property can be added very easily and inexpensively. Purchase one pound of aluminum sulphate which costs about fifteen cents. Dissolve 1½ tablespoonfuls of this in one gallon of water, and give each plant such an amount of this liquid as would be necessary in an ordinary watering. Two applications a year will be sufficient.

When planting acid-requiring plants around a new stucco home, be sure no mortar and plaster are left in the soil, for both contain lime. Dig the holes deep in which such shrubs are to be planted around a new home, and fill the hole with soil that has been treated as described above.

A New Lawn

Probably 90 per cent of new lawns are planted this month. Many home owners conclude that conditions in their locality are not favorable to a lawn, but they really are in error. All soil and climatic difficulties can be overcome if the gardener will just study his particular problem and then plan and plant accordingly. Even though your first attempt may have been unsuccessful, try another mixture of seed, and perhaps your luck will change. And don't blame a poor lawn onto poor seed; the lawn probably would have failed anyway. Some of you may have a poor lawn because of weeds, but I always believe that it is a poor lawn which is responsible for the weeds! For those of you who are willing to take the time to surround your home with a lovely green carpet of grass, we have prepared a special leaflet entitled "Your Western Lawn," which we shall be happy to send you. Simply send us your name and address and a three-cent stamp to cover the cost of mailing.

after cleaning floors with the dustless floor mop, to lay mop flat on floor and clean it by running the vacuum cleaner over it. This eliminates shaking the mop and all the unpleasant dust from flying into your face and hair.

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California Nursery Co.
Show Gardens, at NILES
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The outstanding Daffodil event of the year! More than 25,000 individual plants, more than 100 separate varieties will be seen in bloom, including the newest hybrids, and all the standard varieties. You will see Test Beds of each variety, for comparison . . . you will see large garden plantings of Daffodils and bedding plants with backgrounds of flowering trees and shrubs, to suggest color combinations for your own garden.

And A Rock Garden Display— New This Year!

Another feature . . . our new Rock Garden display, featuring miniatures for rock garden use. In other parts of the Show Gardens will be Hyacinths, Early Tulips, Freesias, Ranunculus, and many other flowering bulbs. "Old Adobe", our 100 year old Guest Lodge will house a cut-flower exhibit.

Come . . . Bring Your Friends . . . No Admission Charge

You are cordially invited to see this beautiful display. There will be appropriate entertainment . . . Garden Clubs are most welcome to hold their meetings here during Show week, in the grounds of "Old Adobe."

Be our guest during the Daffodil Show— Plan to come again during the TULIP SHOW, early in April . . . watch for announcement of exact dates.

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"The West's Oldest and Largest Nursery"
Main Office, NILES, Calif.
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Has your lawn grown droopy and run-down and full of weeds? If so, don't get discouraged—this is just nature's way of letting you know it is hungry. Certain chemicals which do not renew themselves in the soil are all used up, and roots are going unfed.

Here is a simple economical plan to rejuvenate your lawn and bring new life to your shrubs and garden.

FIRST: Recondition your soil with GROZ-IT PULVERIZED SHEEP MANURE which puts the soil in good physical condition. Odorless and free from weed seeds, it provides humus to hold the moisture and keeps the soil porous so the roots can breathe.

SECOND: Apply GROZ-IT "5-10-4," a quick acting chemical PLANT FOOD, at regular intervals. It acts like magic on a run-down lawn. It brings rich deep color to your flowers and makes them bloom profusely. It stimulates healthy growth in shrubs and trees.

Both GROZ-IT products are economical to use and cannot injure your plants. GROZ-IT PULVERIZED SHEEP MANURE comes in 50 and 100 lb. bags—GROZ-IT PLANT FOOD in 10, 25, 50 and 100 lb. bags. Ask your Garden Supply Dealer or send to us for free folder, "A Proven Formula For Garden Success." GROWERS FERTILIZER COMPANY, 108 Davis Street, San Francisco.

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New Shrubs

(*Continued from page 15*)

Ceratostigma Willmottianum is a real novelty, a hardy dwarf plumbago recently introduced from China. Thus far I would hesitate to call it exciting, but my plants are young though they had lots of their clear blue flowers all this summer and the foliage colors up to a nice red in autumn. Though a shrub which eventually may grow up to three feet high, my plants are still about eighteen inches and suggest this variety's being rather desirable for inclusion in a sunny herbaceous border than appropriate for our usually rather dry and evergreen shrubberies. Nice but not necessary.

For Rock Gardens

Convolvulus cneorum I put on my list of early necessities from reading that it was a dwarf, rounded, silvery-leaved evergreen from southern Europe, with white, pink-tinged flowers of the usual morning-glory trumpet type. Fortunately Golden Gate Park had it, and so it is somewhat available both north and south of Tehachapi, a fine thing for rock gardens, never coarse or common or invading other plants' places as do some of the more pushing and twining members of the family. Will stand drought and sun and seems easily satisfied as to soil.

My Favorite Daphne

Daphne cneorum is no relation though it has the same specific name, just as members of different families are called Joe or Jane. It is a low, creeping evergreen with small linear leaves which are just about hidden in spring by myriads of lovely pink flowers of a delicacy of odor beyond the subtleties of the scent manufacturer. It is an absolute necessity in the north Pacific rock garden, where it grows as we can hardly hope to grow it in warmer, drier California, with literally sheets of flower. The finest plants I saw in Seattle were in a well-drained rock garden, with both lime and peat incorporated into the soil. My single plant—I have just added more—grows slowly on the top of a rock wall facing east and in spite of my failure to give it an occasional summer watering, which it would like here, it has persisted and flowers every year. It is now readily obtainable.

My New Escallonias

Escallonias, in particular certain newer hybrids, naturally merit mention as these notes emphasize desirable shrubs for small gardens. The older species commonly planted are fine for big shrubberies, but until the more slender and graceful, and incidentally more hardy, hybrids came, mostly from Ireland, I was less interested. Now I have acquired Escallonias Donard Seed-

LILLY'S SEEDS

IF HE IS WELL INFORMED
THE MAN ON PAGE 16

is buying LILLY'S ASTER SEEDS

RUST RESISTANT STRAIN
"Best for the West"

You'll find a variety of luxuriant-growth Asters along with all other western flowers in Lilly's 1934 Seed Catalog—the reference book gardeners wait for every year—72 pages of delightful photographic reproductions of the best varieties with descriptions, correct pronunciations, and use of each.

It's really a CALENDAR-CATALOG for it contains also a complete calendar for 1934, illustrated with garden subjects. Beside that there's a planting chart, list of 1933 and 1934 flower novelties.

Ask the authorized Lilly's dealer in your community for the book—also Lilly's Garden Paint Book, a 20-page painting book for children, free with Lilly's Seeds. If the dealer cannot supply you, write The Chas. H. Lilly Co., Seattle, Wash.

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1½ lbs. 25c 4 lbs. 60c
15 lbs. $1.95

Get *Genuine Snarol* today at your hardware, seed, or drug store. Write Antrol, Dept. 52 651 Imperial St., Los Angeles, for free pamphlet on pest control.

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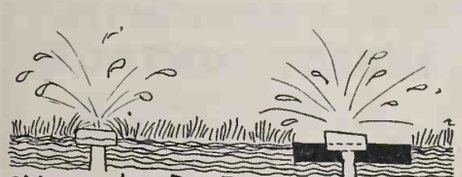
DAHLIAS 7 diff. giants, labelled, $1.00; a $2.00 root free, April 17th; and 30 other astounding bargains, in our 1934 free catalog, listing 550 varieties Dahlias.
KUNZMAN, New Albany, Ind.
3 Farms. Originator of "*King of the Blacks*"
Best at Chicago; second at New York City.

ling, a vigorous variety with panicles of pale pink flowers going white as they age, *E. edinensis*, rose pink, rather dwarfer, up to about four feet, and *E. langleyensis*, slightly taller and much like the latter excepting that its flowers, borne on drooping branches, are bright crimson. Nice, clean, evergreen foliage, restrained habit, easy culture and their habit of summer flowering make these smaller escallonias worthy of a place in your garden.

Lavatera olbia is the name of the mallow-like shrub with pink flowers like a single hollyhock which has been in bloom for months and has attracted many garden visitors. Suited by its habit to either shrubbery or herbaceous borders, of the simplest culture, though it responds favorably to summer watering, I would not be without it.

Magnolia stellata is last on my list though I have only reached half way down the alphabet, but it is the first to flower and perhaps the dearest to my heart. Deciduous magnolias are still fairly rare and expensive, but for a splurge and an annual festival thereafter get this small, slow-growing, bushy treasure and plant it where it will get some summer watering and where it will be near a path, so that you can readily get the thrill of the lovely, starry white flowers with the first days of spring.

Because some highly reputable SUNSET advertisers choose to adapt their offerings to what I write about, a legitimate proceeding as they have absolutely no control over my choice of subjects, I have been accused of collusion by the very commercially minded. Frankly, I am always glad if anything I write will help those reputable plant men who are trying to make our gardens more interesting. This month, however, it will be evident the ultimate source of many of the novelties I describe is our own Golden Gate Park, which belongs not only to San Francisco, but to the entire West. Here I want to pay my tribute to John McLaren, to the Park Board and to those members of the staff who are working to make it a great arboretum and garden where the best new shrubs and plants may first find a home in California, from which in due time they will find their way into commercial nurseries and then into our gardens.



to discourage Bermuda grass which tends to grow up around and interfere with the sprinkler heads by putting a little ring of concrete around the same. With such rings it is very much easier to keep the grass neatly trimmed. The rings are soon covered by a thin layer of grass and do not show long.

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TREES · SHRUBS · FLOWERS

for the Interior Valleys

I LIVE on a desert homestead among the sage and sand in Eastern Washington, along the Columbia River. Everything will not grow here but I have been experimenting for ten years and have found a good many things that will do well on a small amount of water and stand our hot summers and cold winters. I have a cactus garden that is the joy of my heart. My chrysanthemums and four-o'clocks are the pride of the country. In spring it is my tulips, iris and daffodils. I plant tulips thickly among my iris in the fall and sow petunias broadcast over the beds. The bulbs bloom first, then the iris, and soon the spot is a glorious mass of velvety petunias which stay beautiful until frost. Another of my garden tricks is to dig four-o'clock roots in fall and store them like dahlias during winter. These are planted in early spring and produce bloom about four weeks earlier than will spring-sown seeds. We have to haul every drop of water that we use but I do not mind. I love my homestead—every sandy inch of it—and I will never live anywhere else so long as I can stay here. If any of you SUNSET readers are ever driving through this country, stop by and see my flowers. You will know the place for I am always working around my flowers with a copy of SUNSET sticking out of my apron pocket!—Pearl E. Morrison, Beverly, Washington.

★ ★

Contrary to general custom I plant my most fragile gladiolus where they are partially shaded by trees during the hottest part of the day. Here in the Yakima Valley the sun is so hot that the edges of the flowers are cooked and shriveled and the colors faded when the plant grows in full sun. My favorite varieties are "Orange Glory," "Greig" and "Purple Glory." All grow well here. —Edna Miller, Prosser, Washington.

★ ★

Bedding plants for parking strips are rather a problem in dry climates, for these strips are hard to water, and dry out quickly.

Three flowers which have been found successful for this purpose, and which are very ornamental, are creeping lantana, dwarf verbena, and dwarf petunias. All of these plants stand heat well. A charming color scheme combines rosy pink petunias, lavender lantana, and pink verbenas. The flowers will bloom all summer, a joy when blossoms are so scarce.

The petunias and verbenas are easily started from seed, but the lantana should be put in as young plants, which are bought at a nursery, or perhaps obtained from a neighbor. They are simple to

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SPECIAL OFFER: $1 2-year large Mermaid, sensational everblooming, evergreen, fragrant yellow climbing rose, prepaid for 75c. The New $1.50 Climbing Shot Silk, fragrant orchid and gold everbloomer, prepaid 90c. BOTH CLIMBERS, prepaid for $1.50. Extra large 75c Pres. Hoover, grand everblooming orange bush rose, 50c., 3 for $1. Write for Francis E. Lester's new, fascinating, 32-page booklet, 10c or free with order. Also free list of FUCHSIAS.

Sale of 3-year BLEEDING HEARTS

LARGE 3-year-old UNDIVIDED clumps that will throw up, within a few weeks, 5 to 8 tall arching sprays of glorious shell-pink bloom. $1 size, prepaid 60c.; 3 for $1.50

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McLaughlin Gormley King Co., Minneapolis

NEW EVER GREEN SPRAY

propagate—all that is necessary is to bury the ends of some of the runners. —C. D. A., Sacramento, California.

★ ★

San Joaquin Valley gardeners have discovered that flowers in a hot country should be planted in masses, so they will shade each other. Plants standing alone burn around the roots. For the purpose of irrigation, so vital during the heat, the flower beds should drain well, because in a sunken bed the water will stand until it becomes heated from the sun, and will then cook the roots and stems of the flowers.

Some of the soil in the country around Bakersfield, while extremely fertile, will bake badly after irrigation, and should be given a great deal of humus. Leaves and trash of all kinds should be dug in whenever possible, and even cotton stalks should not be burned, but buried until they rot, for they create a better loam.—A. L. C., Bakersfield.

★ ★

Shade trees in the San Joaquin valley too often lose their leaves in midsummer, just when shade is most needed, because of the red spider. Ordinarily a well-balanced fertilizer will help to fight this pest effectively.

In one case, five tall poplar trees, the only shade around a home near Bakersfield, had been almost useless for several years, because each July the bulk of the leaves turned yellow and dropped onto the lawn. The owners had decided to cut down the trees and go without shade until new ones could grow. Pending this major operation they spread a dressing of fertilizer over the lawn. To their surprise and gratification, no leaves fell, there was plenty of shade on hot days, and their trees were the last in town to drop their foliage.—M. R. R., McFarland, California.

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Offer A. Send a dollar for seven packets of Mountain Flower Seeds—your choice of any seven of the following: Firecracker; Mariposa; Fairy Lanterns; Star Tulips; Indian Pinks; Iris; Alliums; Trilliums; Columbine; Wallflower; Fritillarias, Pentstemon.

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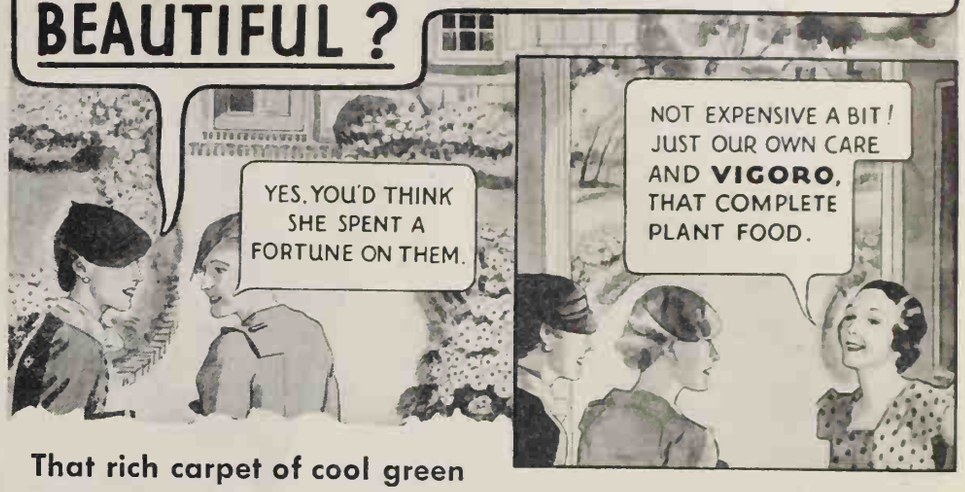
F. B. MILLS Seed Grower, Box 45, Rose Hill, N. Y.

AREN'T HER FLOWERS AND LAWN BEAUTIFUL?



That rich carpet of cool green grass, the profusion of lovely flowers you long to have—your garden can't give them to you if it's *half-starved.* Don't take chances! Give your plants a *square meal* this spring—feed them Vigoro.

Vigoro is not a by-product. Unlike such incomplete rations as bone meal and manures, it is a safe, scientifically balanced plant food. It supplies to each plant *all* the food elements it needs from the soil.

Vigoro is clean, odorless, easy to handle. It can be applied either by hand or with one of the convenient, inexpensive Vigoro spreaders. *Economical;* only 4 lbs. per 100 square feet will bring quick, lasting results.

See your garden supply dealer *today;* get enough Vigoro to supply a square meal to everything you grow. And be sure it's genuine Vigoro; look for the name on the box or bag. Six convenient sizes, from 12 oz. to 100 lbs.

Made in California and Oregon factories for western soils

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The SQUARE MEAL *that assures rich* BEAUTY *in Lawns and Flowers*

Glad Special 200 blooming size bulbs (No. 5) 10 each of 20 large flowered (not labeled) exhibition varieties (no prims.)
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Works electrically. Cuts toughest growth easily.
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Water Lilies

Have you sent for your copy of our 1934 Catalogue? Did you notice the special offer on page 17? Make your own selections at collection prices. We have everything you will need.

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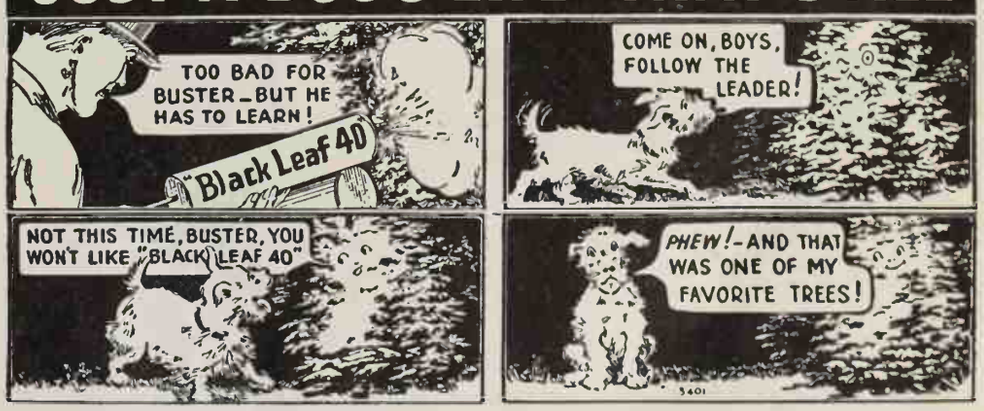
JUST A DOG'S LIFE—THAT'S ALL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"Black Leaf 40"
COME ON, BOYS, FOLLOW THE LEADER!
NOT THIS TIME, BUSTER, YOU WON'T LIKE "BLACK LEAF 40"
PHEW!—AND THAT WAS ONE OF MY FAVORITE TREES!

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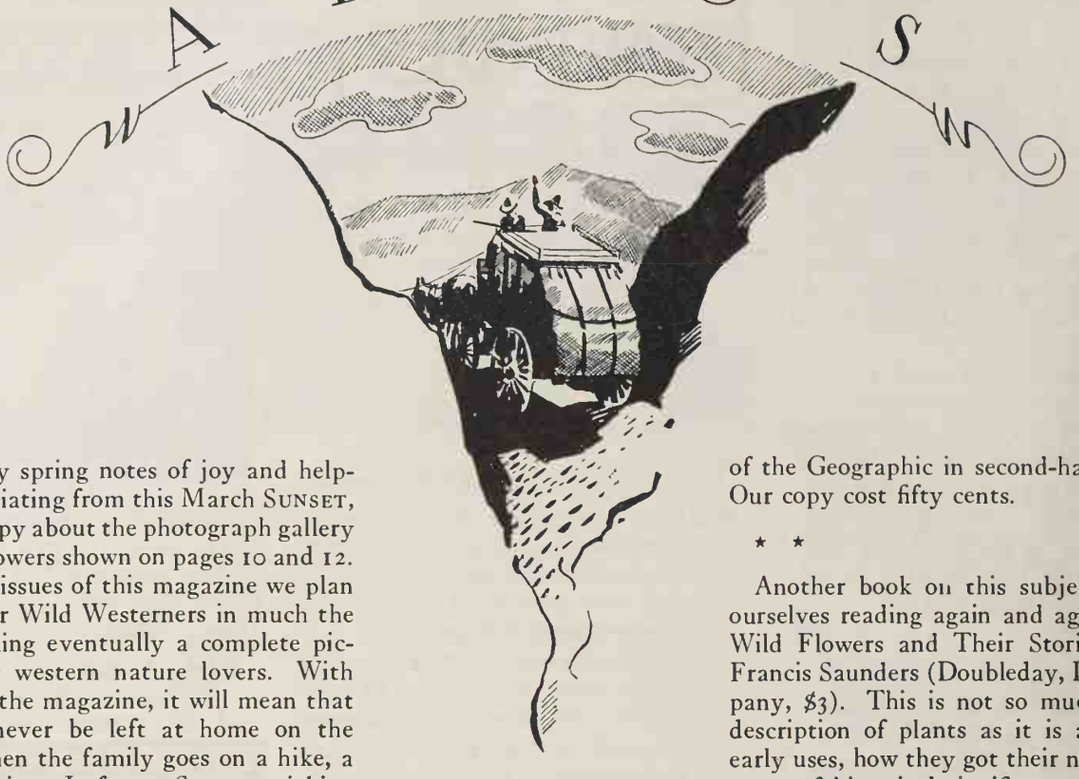

OF the many spring notes of joy and helpfulness radiating from this March SUNSET, we are most happy about the photograph gallery of spring wild flowers shown on pages 10 and 12. In forthcoming issues of this magazine we plan to identify other Wild Westerners in much the same way, making eventually a complete pictorial guide for western nature lovers. With such articles in the magazine, it will mean that SUNSET must never be left at home on the library table when the family goes on a hike, a picnic or a vacation. In fact, a SUNSET sticking out of one's pocket will be one of the smartest notes in western sports outfits during the coming vacation days.

* *

Speaking of western wild flowers, we never see them growing in their loveliness without giving a thought of gratitude to the pioneer botanists and plant men who worked so untiringly to identify and classify them for us. Particularly interesting is the story of David Douglas, the young Scotchman who explored this Coast in the early part of the nineteenth century. Young Douglas, acting as a representative of the Royal Horticultural Society of London, arrived at the mouth of the Columbia River in the spring of 1824, and from that point began his 7000-mile tour of the Pacific West, covering the entire distance on foot or by canoe. His hardships were many. There was the time that he had to swim a raging river in a hail storm, his arms held high above him so that his precious records would not be destroyed. There were long and dangerous trails, but he carried on, painstakingly recording his findings until his tragic death in 1834. During those ten years he wrote much of the history of our western plants and animals. To read the story of his life is to put a new value on the common flowers that fringe our highways and byways.

* *

There are, of course, many excellent books about our western wild flowers. We have reviewed several of them in this department but we have never heretofore mentioned the fact that in May, 1927, The National Geographic Magazine devoted 68 pages to our flowering plants of the West. These 206 full-color illustrations with their concise descriptions make that issue a particularly valuable reference book. It is still possible to pick up copies of this issue of the Geographic in second-hand book stores. Our copy cost fifty cents.

* *

Another book on this subject that we find ourselves reading again and again is "Western Wild Flowers and Their Stories" by Charles Francis Saunders (Doubleday, Doran and Company, $3). This is not so much a catalogued description of plants as it is a story of their early uses, how they got their names, and other notes of historical significance. The following paragraph quoted from the book gives an idea of its contents:

"*Though the flowers of most species of Brodiaea are blue or purplish, there are also yellow species, and a very remarkable one in scarlet. This last is Brodiaea Ida-maia, which sends up in spring a slender stem, sometimes as much as three feet tall, bearing at the summit a loose cluster of scarlet flowers with green tips. These so much resemble a bunch of firecrackers that the popular name 'firecracker plant' was inevitable. One spring day in 1867 Dr. Alphonso Wood, a New Yorker, and author of many books on botany, was traveling by stage through the Trinity Mountains of California when the driver pointed to this flower and said that he liked it so much that he always called it Ida May, after his little daughter of that name. Wood saw that the plant was something new, and having a normal taste for human sentiment as well as for the strict facts of science, he published a description of it under the name Brevoortia Ida-maia—the first part to honor a patron of science, the latter to commemorate the parental affection of a stage driver for his child. Time has caused the name Brevoortia to be shortened to Brodiaea, but Ida-maia still keeps alive the memory of a little Trinity Mountain lass whose father loved the flower that reminded him of her.*"

* *

The April SUNSET will continue to carry out the theme, "It's Spring in Sunset Land." A few of the articles of high importance are: "Beach Houses for Sunset Shores"; "Potted Plants for Patios"; "Plant Primroses Now for Spring Bloom"; "Vacation Cruises from Sunset Ports"; "Window Boxes for Western Homes," and "Extra Good Ways to Preserve Strawberries and Loquats." This April SUNSET, redolent with sunshine and practicality, will reach you a month from today. Until then, *Adios*, and spring greetings from every one of us here at SUNSET.—Lou Richardson.

5
MAY 1

"I'm taking No Chances with My Kids!"

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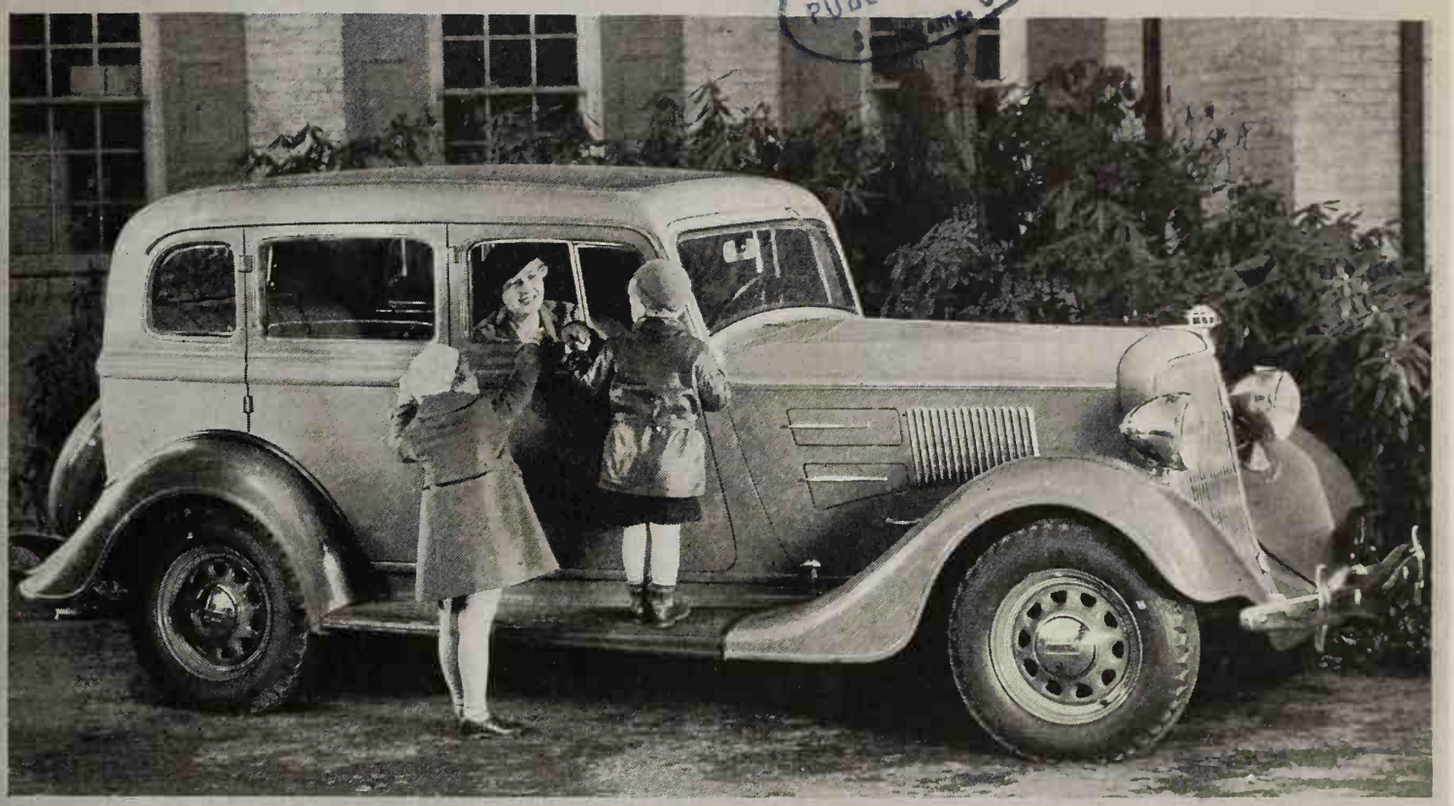

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"They've got a Safety-Steel body to protect them! It's steel reinforced with steel. And hydraulic brakes stop a car quicker—you don't skid sideways—because they take hold on all four wheels.

"My family's safe-proofed, Mister—and that's what counts with me!"

Isn't that the way you feel about the car your family rides in? Certainly you do. Then check up on the only low-priced car that gives you both of the greatest safety features any automobile can have.

Of course, you want more than just a safe car. You want pleasure and comfort when you take your family riding.

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NEW PLYMOUTH SIX $495 AND UP F. O. B. FACTORY DETROIT

PHOTOGRAPH BY HORACE BRISTOL

Sunset Gold

ONE of the fascinations of living in the West is the fact that here, past and present are so closely linked. History has not faded out of the picture, to be found only in dull and dusty books. Remnants of old ways of life are thick about us—Missions, ranch buildings, fortresses, lumber camps of the Northwest, ghost towns of the Mother Lode. Old roads still wind through mountain canyons while airplanes look dizzily down upon them from the clouds. Old fireplaces "brought 'round the Horn" still lend romance to ancient ranch houses. Old sailing ships rock with the tide in bays and estuaries along the Coast.

Old and new, new and old. Have we of today made any real progress in living, we sometimes ask ourselves as we stand among the crumbling stage settings of a way of life that is gone. The complacent modernist, certain that everything "up-to-date" is indubitably better than anything "old-fashioned," would not ask such a question, even rhetorically. The pessimist is so thoroughly convinced that the country is on the down-grade that he probably would not admit even the possibility of progress. What, we ponder, is the real truth of the matter?

Probably, as is generally the case, the real truth lies somewhere between those two extremes in point of view.

What do we mean by progress, anyway? To most persons it would seem that progress, of a race or of an individual, implies constant mountain climbing. I am inclined to think it is not so much a matter of going *up* as it is of going *on*.

I see the progress of the human race somewhat as a river, following a devious course. It meets frequent obstacles, some of which it vanquishes as a river vanquishes a sandy bank, some of which it simply goes around, as the stream feels its way around a ledge of rock. Sometimes it flows slowly and peacefully through beautiful green fields, sometimes it dashes wildly through a rocky gorge or over a waterfall. But whatever its tempo or its accomplishments, progress, like the river, is swallowed up eventually in the ocean of time.

This is not by any means a pessimistic view of life, either of the individual or of the race. Rather, it is an encouragement and a warning not to take one's own personal affairs too seriously, nor yet to consider one's own influence too lightly. From the standpoint of history years hence, each of us as an individual is merely a tiny drop of water in the river of life—but all those drops of water, flowing together, make up the force that may wash away a mountain or create a Grand Canyon.

Think of the thousands of men and women who contributed to the building of the West as we know it now. Of all the padres and their helpers who painstakingly built the Missions, how many names are commonly known today? Yet the work of these unknown ones was not in vain, for they left us a heritage of architectural beauty, and more, a heritage of faith. They were convinced of the worthwhileness of life, and they builded securely for the future.

Let's be careful never to display narrowness or ignorance by making fun of ways that are out of date—for remember, our own present is founded squarely upon that old-fashioned past. And let's not be pessimistic about the future. There have been viewers-with-alarm in every age, decrying the mistakes that are being made by others—without, of course, suggesting any alternative course of action that would be better. Let's go ahead serenely as our predecessors have gone since the beginning of the race, slowly yet surely forging forward, building as we go, not shortlived monuments to our own egotism, but guideposts to more abundant living for the generations that are to follow. That is real progress.—G. A. C.

SUNSET
MAGAZINE

THE PACIFIC MONTHLY

Vol. 72 April 1934 No. 4

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ADVERTISING OFFICES
Main Office, San Francisco, Sunset Bldg., 1045 Sansome St.
New York, 501 Fifth Ave. Boston, Old South Bldg.
Chicago, 919 North Michigan Ave.

SUNSET is the magazine for people living in the Pacific West. Subscription rates 50 cents for one year; $1.00 for 2 years. Canadian and foreign subscriptions $2.50 per year. The editorial contents of this issue of SUNSET are copyrighted and only reliable advertising appears between its covers.

Published monthly by LANE PUBLISHING CO., Sunset Building, 1045 Sansome Street, San Francisco, Pacific Central Edition entered at San Francisco Post Office as second class mail matter. (Member of the Audit Bureau of Circulation.)

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EIGHTY CARLOADS OF SPRING WEATHER!

IF you cross the continent on Southern Pacific this summer, spring weather will ride with you. Club cars, lounge cars, room cars, dining cars and observation cars will be air-conditioned on our four finest transcontinental trains—Overland Limited, Sunset Limited, Cascade and Golden State Limited (see map). Eighty cars are included in this big step toward the air-conditioning of all equipment.

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There will be no charge for air-conditioned accommodations except the usual rail and Pullman fares. There is no extra fare on any Southern Pacific train.

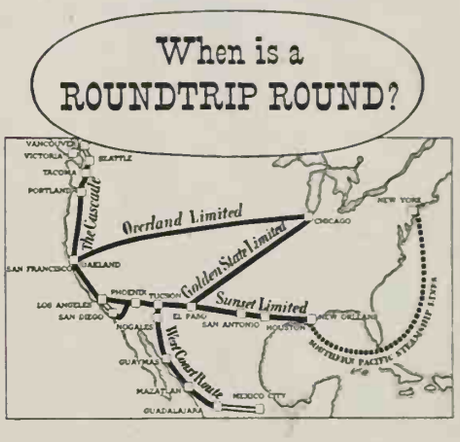
Summer fares EAST

Summer fares East, lower than last year, will be in effect from May 15th to October 31st, with return limit of November 15th. For example, $86 roundtrip from most California points to Chicago, good in Standard Pullmans; $68.80 roundtrip good in Tourist Pullmans; $57.35 good in coaches and reclining chair cars.

A Standard Pullman lower berth from California to Chicago costs only $15.75, compared with $23.63 last year. A Tourist lower berth costs only $8.50 ($12.75 last year). Complete meals on Southern Pacific dining cars cost as little as 80¢, and the food is *good*.

WORLD'S FAIR repeats

Chicago's great Century of Progress Exposition will open again this summer, from June 1 to November 1. Many of last year's most popular attractions will be repeated and there will be many new exhibitors and amusement concessions. Southern Pacific will again act as headquarters for World's Fair information. If you wish any help in planning your trip, see your Southern Pacific agent or mail the coupon below.



If you will glance at this map, you will see that our four leading trains approach the East thru four entirely different parts of the United States. By going East on one of these trains and returning on another you can make a roundtrip that is really *round*. From most Pacific Coast cities, you pay no extra rail fare for this.

For example, suppose you are going from San Francisco to New York. You can go on our Sunset Limited thru Southern Arizona, the Old South and New Orleans. Continue to New York by rail, or sail from New Orleans to New York on our modern steamer "Dixie" (meals and berth aboard ship included in rail fare). On your return trip, stopover in Chicago for the World's Fair. Then take a northern line to the Pacific Northwest and come south on our Cascade past beautiful Mt. Shasta. This way you completely circle the United States. Yet you pay not 1¢ more rail fare than you would for an ordinary roundtrip ticket.

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SM-4

SOUTHERN PACIFIC

HORACE BRISTOL

DAY DREAM *by* EDITH BRISTOL

A tang of tar and the smell of salt
And the little waves lap her side.
And the lad who dreams on the stringpiece beams
Feels the age-old tug of the tide.

She came from the north. She must go to the north.
And oh! but the world is wide!
And the call of the sea whispers "Come with me—
Come follow the trail of the tide."

For wherever men sail on the Seven Seas,
There's a small boy dreaming beside
The end of some pier of that beckoning year
When he'll sail on the turn of the tide.

Vacation Cruises from Sunset Ports

by
LENORE KAY

EVER since the hardy pioneers first subdued the West, and their wives civilized it, we have wept like Alexander the Great, because we've come to the end of the trail. But wayward feet cannot behave, and it's still "Westward, Ho!"—this time in ships from these Sunset ports, on to lands strange and exotic, to ways old as oldest yesterdays, as new as the day after tomorrow. So quick, let's go, before we get caught in the wheels of tomorrow and tomorrow and become the kind of person who forgets even how to dream.

Even two weeks at your disposal will give you the gayety and leisure of an ocean voyage to Hawaii, or the chance to see a bit of Alaska. With three weeks to play in, the sea lanes lead to Panama, Mexico and Tahiti. But with four to six or seven weeks from any Sunset port, the world is practically yours—at least if you feel that way.

ALASKA, OUR LAST FRONTIER

Alaska has a tremendous appeal to the adventurous spirit. It was the link in prehistoric times for the migration from Asia to the North American Continent. Here the first place of worship on the Pacific Coast was built. In fact it was Alaskan foundries that supplied bells for the California missions. And it was the setting for the epic gold rush. Yet Alaska remains practically an unexplored land. An eleven-day cruise takes you up through the inside passage between the mainland of Canada and a myriad of scenic islands, past the Taku Glacier which literally spills fantastic icebergs into the sea with a roar of thunder; on to Skagway of gold rush fame, and romantic Sitka, the old capital of Alaska when it was ruled by the czars.

Other tours, of three to five weeks, include McKinley National Park, which preserves the most primitive forest in this nation, a truly virgin wilderness; a riverboat trip up the Yukon, into the Arctic Circle, the land of the midnight sun and the Aurora Borealis.

TO THE ORIENT

If we on this West Coast complain of the distance we must travel before even starting for Europe, we do have the Orient practically at our doorstep. (Do you know you can make the round trip nicely in four to seven weeks?)

Japan is two countries, really—the old Japan of gigantic Buddhas and ancient temples, geisha girls in giddy kimonos, community bathing, jinrikishas and humpback bridges; and the new Japan that is vying with the world for power, modern to the last clang of street cars and stenographers in dress and make-up as smart as their prototypes in New York or San Francisco, with its shops on the Ginza where the Japanese *elegante* buys clothes as chic as anything Paris has to offer.

Then there is China, land of silks, fans, jade, carved ivory; Shanghai, where the Willow Pattern comes from; the Ancient Walled City; Canton, with its narrow streets first laid four thousand years ago—tales from Marco Polo come to life.

Hawaii is known as a heaven, where one finds whatever one comes a-seeking—beauty, sport, adventure, romance and the world well lost; or jasmine scented days of perfect rest. No weather at all, only perfect climate that seems to hang motionless like a picture, never changing. And the time spent on the boat is one grand spree of sunshine, sport and dancing.

They do say, they do, that if you've a weakness for going native, stay away from Tahiti. The charm of life on this jewel of the Pacific lures one to the life of a lily of the fields, South Seas fashion. At any rate, three weeks will give you a taste of it, and memories, memories, memories.

Or would you wander where "the Southern Cross rides high," as Kipling wrote? An investment in adventure that yields a rich harvest of impressions new and strange is a 34-day cruise to Jamaica, most lush and lovely of the islands that dot the sparkling blue waters of the Caribbean. You sail to Balboa, cross the Isthmus by train to alluring Cristobal, and from here by boat again to Jamaica, alive with screaming parrots, giant pelicans and tumbling rivers, fragrant with jasmine and spices.

PANAMA AND HAVANA

Imagine a medley of races, Oriental, Spanish, Indian, Negro, with enough of the United States navy to complete the symphony. Visualize this curious commingling of people in narrow, winding streets shadowed by tiers of balconies, upon which the natives carry on the business of living for all the world to see—that's Panama City, so persistently

sacked of gold and jewels by the buccaneers of the Caribbean centuries ago. Of course you'll dance here at Kelly's, and at the Miramar you'll buy a Panama hat so fine it can be drawn through the circle of a ring; you'll spend all your spare money and more for French perfumes . . . and go away vowing to high heaven you'll return as soon as ever you can.

Havana will be your next port of call before reaching New York; and, unless you've been there, never argue with those who rave over the climate, the food, the racing, the luxury, the revolutions, even; the Spanish atmosphere, the cosmopolitan atmosphere. So many ways to play—golf, bathing, tennis, *jai alai*, the rhumba in undiluted versions, open air cafes as in Paris . . . and I won't even mention Sloppy Joe's. One should go to Havana before New York takes it over entirely. It has become the New Yorkers' favorite playground.

Altogether the trip from our West Coast through the Panama Canal to New York offers the greatest variety of climate and scenery imaginable on any one trip. There are fast ships (New York in little more than two weeks) and slower ships (New York about three weeks) whose ports of call vary.

MEXICO, LAND OF ENCHANTMENT

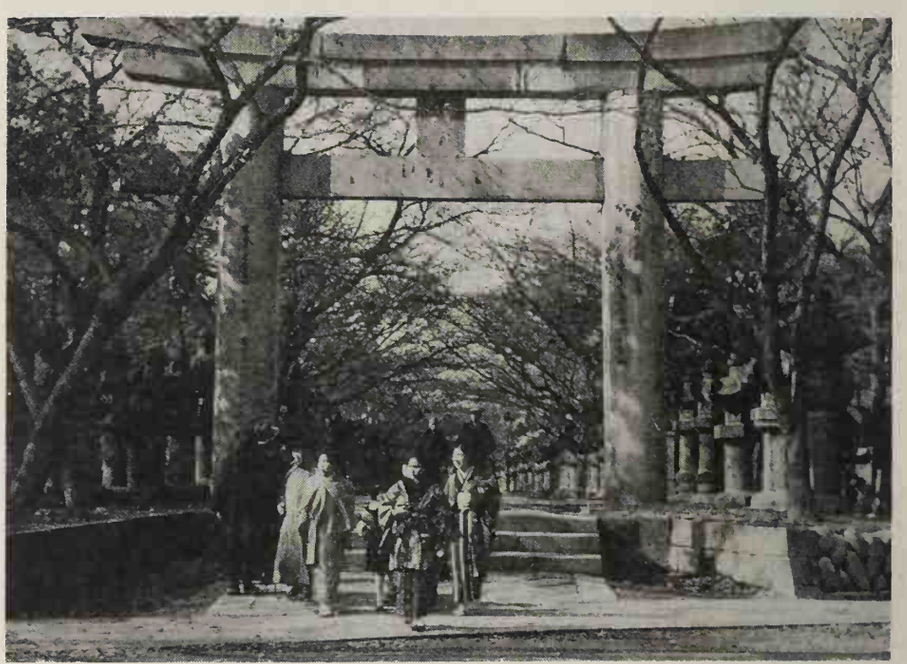
Mexico, the stranger a few days to the south, of which we hear so much and know so little, is truly a land of enchantment. Mexico has pyramids that were built when our own ancestors were still living in caves wearing skins for clothes and wielding stone axes. There are churches in lovely settings with interiors in gorgeous gleaming gold, there are palaces and pueblos, there are prehistoric monuments and museums, and little houses with red curtains trimmed with gaudy gold fringe.

There are the "floating gardens" of Xochimilco, meaning "flower bed"—anyhow, it's an explosion of color spread over some seven miles of canals and flower-covered islands. All these you will enjoy, and, besides, Mexicans at the slightest pretext declare a three day fiesta, some one of which you are bound to run into. You'll find it hard to resist buying Mexican glassware, pottery, rugs, and curious jewelry, and of course a sombrero and beautifully sewn leather sandals—they'll impress the stay-at-homes.

VERSATILE AUSTRALIA

Whether it's an island trying to be a continent, or whether it is a continent not too proud to call itself an island, Australia, youngest of civilized countries, and almost as large in area as the

Representative of Alaska is the scene above—Mendenhall Glacier reflected in Auk Lake



Beyond our western horizon lie the countries we call the Orient—lands of wonder and delight

United States, has two cities each over a million in population. It is a country where opportunity still knocks not only once but every day. Such contrasts! Stately avenues and primitive tropical forests, fern trees and jungle orchids, wild buffalo still roaming vast prairies, skis and toboggan races down snowy mountain slopes, whizz-splash surf board riding on tropical beaches. And, wonder of all wonders, the platypus! Half bird, half beast, it lays eggs and suckles its young, and to add to the confusion it wears a fur coat.

There's a fascinating seven-weeks' cruise to Sydney, Australia, which includes Honolulu, Samoa, the Fiji Islands and New Zealand.

They seem like a couple of chips broken off Australia, those islands marked New Zealand on the map of the South Pacific; but did you know that they have their own Alps, with glaciers forging into semi-tropical forests, smoking volcanoes, steaming geysers, and the famous Waitomo Caves, with the grotto lit up by a million million glow worms?

Then there is Trinidad, a tiny island in the West Indies, just about six or seven weeks' round trip from here—an island on which can be found all the gorgeous tropical growth of South America, to say nothing of a conglomeration of races and colors. There's Coolie Town, a bit of India with a Mohammedan Mosque and a Hindu Temple; and there are the Botanic Gardens of rare and exquisite beauty.

Yes, by all means let us go somewhere in quest of fun and health, romance and adventure. Let us take our old dreams to new places, and come back with new selves, new dreams and new enthusiasm.

•

Hawaii and the South Seas make poets of all who visit them. Come, write your vacation lyric

When you experience the gay leisureliness of life on board ship, you understand why so many people go on long voyages to far away places even if their time allows little opportunity for exploration; why, indeed, doctors so readily prescribe a sea voyage to those who need to have their physical and spiritual batteries recharged.

Active diversion or beautifully quiescent rest, either or both you can have. It's up to you. The sea thrills, fascinates. As flashes of sapphire blue glimpsed between "horse races," shuffleboard or deck tennis . . . as a sheet of turquoise blue stretching endlessly away before you during a late breakfast on deck . . . or as gleams of black silver which shine out to you in the moonlight between dances on deck, the sea soothes and hypnotizes, and forces the mind to shed all mental burrs.

Steamship companies certainly pamper the wanderlust. Never in the history of travel have beds been so comfortable, nor food so excellent, nor facilities for fun so generous, with swimming pools, sun decks, gymnasiums, beauty parlors, shopping facilities even, and medical and hospital service; and in addition to sports, there are moving pictures, concerts, dancing, and all sorts of planned entertainment—never a dull moment.

A glimpse of what Tahiti offers you in the way of scenery. Papetoai Bay, Moorea, is the place

Burros as beasts of burden are far from obsolete in Taxco, Guerrero, quaint city of Old Mexico

●

It took 38 horses and 10 mules, it used to be said, to get a gentleman from Valencia to Madrid. Today a gentleman or a lady can travel round the world in two suit cases. But travel though we do "for to see and to admire" we want also to be admired, and correct travel clothes need not be a synonym for that "flat-heeled" look, the drab beige coat, for example, and drabber beige hat, "so practical, you know." (*Cont'd on page 32*

●

Here is the magnificent harbor of Sydney, Australia, as seen from a city roof garden

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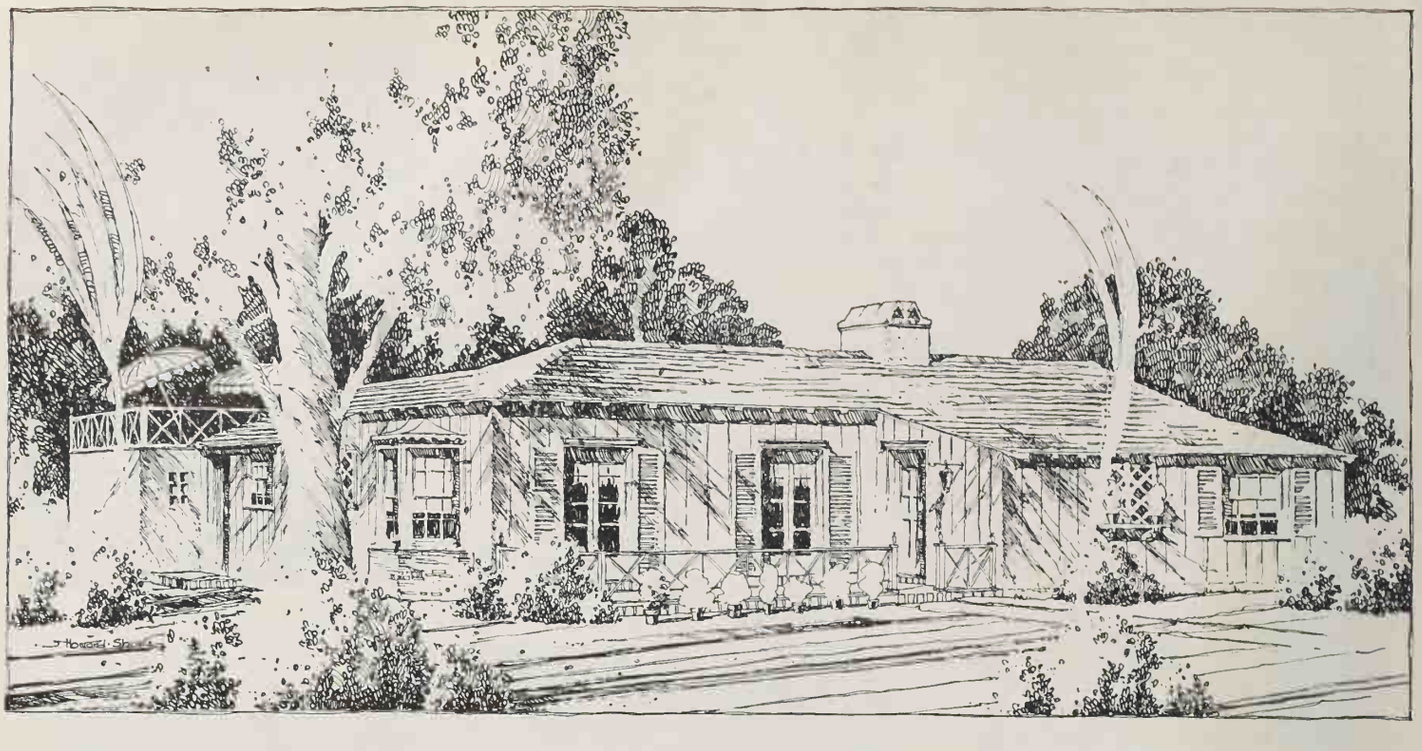


If you are planning to build a Beach House

by

HOWARD I. SHAW
San Diego

●

WE all have felt the urge, the lure of the sea, its changing beauty, its constant moaning and pounding, which, at first, disturbing, seems gradually to change into a soothing rhythm. We all have felt our appetites increase, our vitality return under the restful rays of the sun and the salty tang of the air.

While few of us may live permanently at the beach, perhaps some of us may be fortunate enough to live there a few months each year, certainly weekends. We picture a little house, charming and seaworthy, sheltered in a curving cove, perhaps on a grassy bank or fronting a frothy surf. At any rate, our vision pictures our little house, so unusual and fine that it stands apart from its neighbors, to make us proud and contented.

The majority of beach lots face the ocean, at least the most desirable ones do. Consequently, the house should be so planned and so placed as to command the very most of the ocean view and salty breeze, and at the same time have a sheltered patio. Rooms need not be large but as many as possible should front the ocean, certainly the most used ones. It is essential that the rooms should be cross-ventilated by large windows.

A front terrace, overlooking the ocean, is absolutely vital, as well as a rear dining terrace which should overlook a sheltered patio, part of which should be covered with sand. In conjunction with this feature, a fireplace should be added along with a barbecue grill, which may be used also as an incinerator. This patio, entirely enclosed, will serve as a nucleus for outdoor life at the beach. Here, night or day, one may eat, play games, or rest with all the comfort and privacy of indoors. The children, too, will find this an ideal spot for their play.

The problem of taking care of additional guests—unexpected or not—is solved by the inclusion of a closet with folding beds on rollers, ready for use. One or more of these is always invaluable.

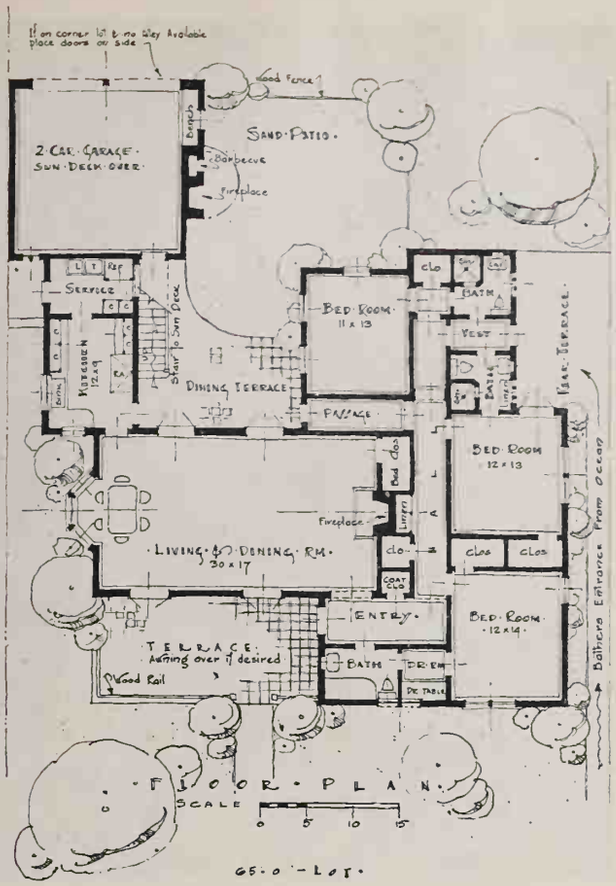
One of the biggest problems that confronts a beach owner is that of taking showers after a swim or sun bath without tracking sand and water through the house. This may be solved by having shower compartments separate from the house. The more satisfactory arrangement, however, is the proper placing of the bath rooms in regard to the house uses and bathers' uses without conflicting. This is not only more economical but adds much in privacy and comfort.

Every beach house should have a sun deck, high enough or sheltered enough to gain complete privacy and connected in such a way to the shower rooms that easy access may be enjoyed.

If one expects to entertain, the living room should be large—hence it is well to combine the dining room with it.

Brick and stone, ideal for rugged countrysides, seem out of place in the serenity of the seashore. Hence, wood and plaster, inexpensive, in good taste and, if properly handled, beautiful in texture and color, are by far the first choice for the beach. Wood especially is appropriate, both in durability and precedent. We think of the old rugged New Englanders building their fine houses of wood, fronting the sea, from which they had wrested their fortunes. More especially interesting to Californians is the fact that our famous and very charming Monterey style of architecture is derived from the mingling of ideas of these same New Englanders with those of the Spanish and the Mexican settlers of this part of the country.

Special care should be taken in the selection of wood. Redwood, the most impervious to the weather, is considered the best. Its beautiful texture may be more fully appreciated if left unpainted. Stain may be used as a preservative if desired. The wood weathers a rich brown. Pine is splendid and is widely used. Oak, while expensive, is unexcelled for special uses, such as posts, beams, window sills, thresholds and floors.



Details of Beach House No. 1

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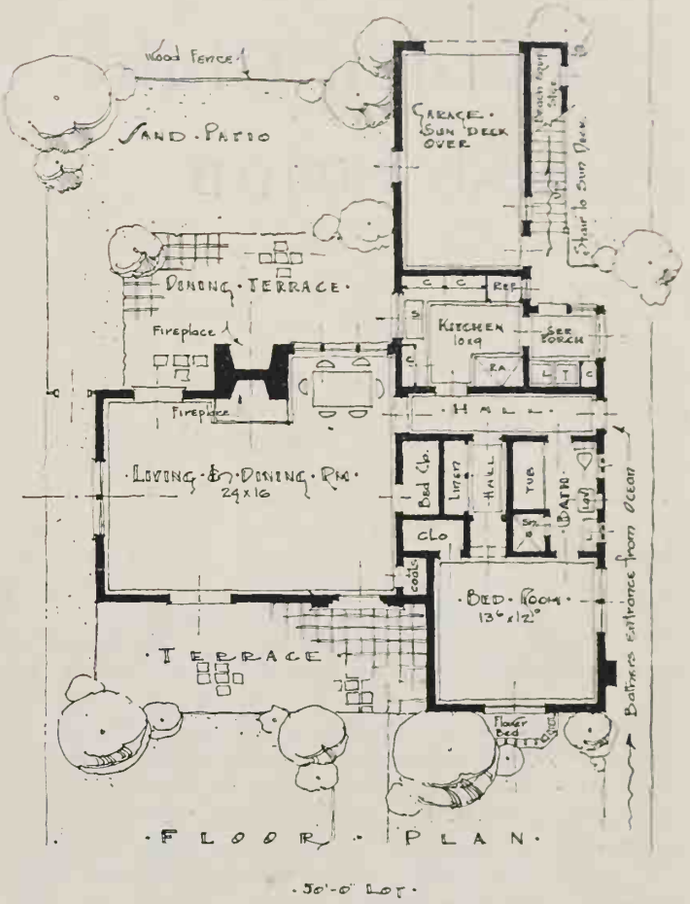
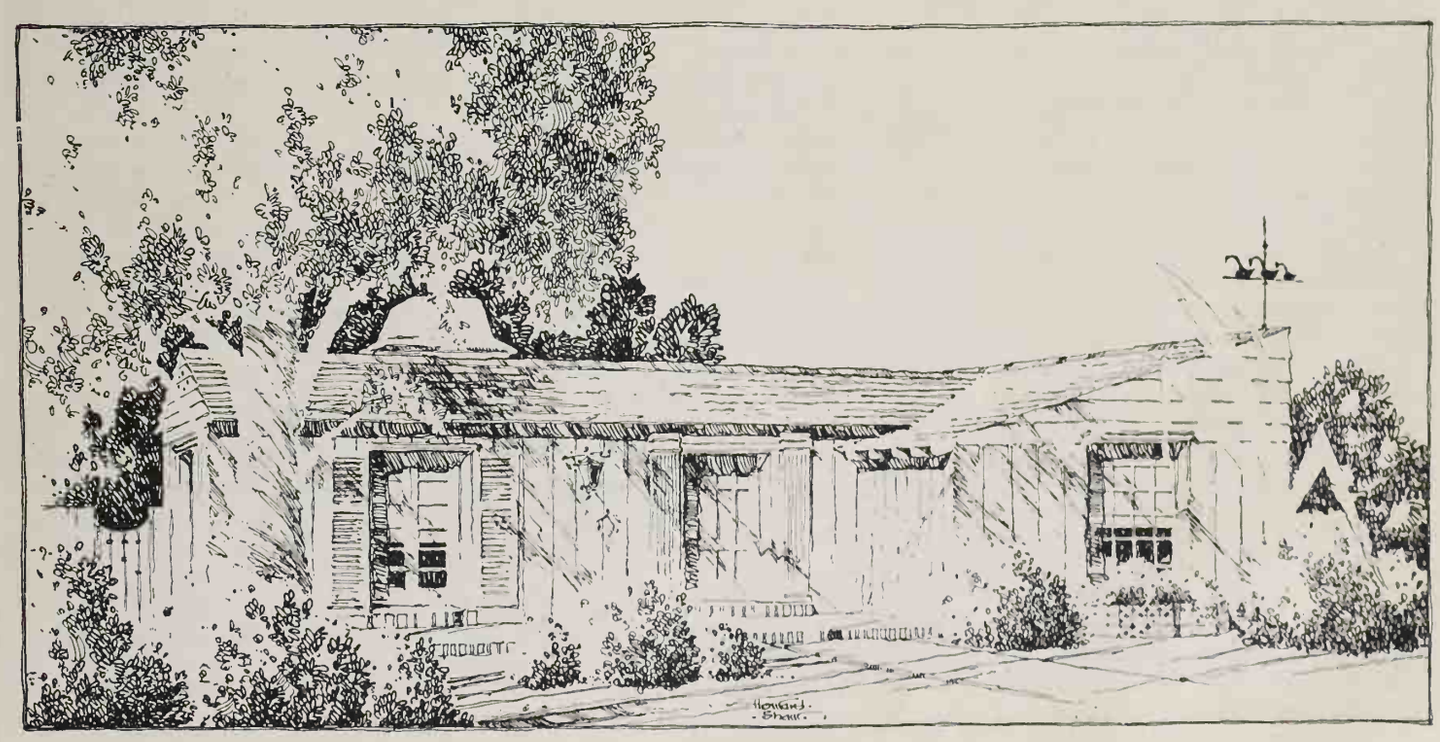
The house illustrated on opposite page, with floor plan above, is designed for a 65-foot lot. The walls are of wood, except garage, which is of plaster. The shingled roof is stained green; walls are light cream, shutters green. Terraces are tiled. The interior walls of living and dining room, as well as entry, are of knotty pine. Kitchen and bathroom walls are plaster and tile. Bedrooms are papered with a pattern appropriate to the sea. All rooms are cross-ventilated with large windows. The living-dining room forms the center of living and is, therefore, roomy and comfortable. A wall bed provides for the extra over-night guest.

Details of Beach House No. 2

•

The beach house shown on this page (floor plan below) is of wood and plaster. The large living and dining room with its spacious windows on three sides is made charming by its dining alcove arrangement and the fact that it opens directly onto both the front and dining terraces. A large bath serves for household use and for the bathers who may use it direct from the beach without going through the house. The wood portion of the exterior is painted Colonial yellow, the plaster cream, shutters orange or green while the shingle roof is best stained a dark rich brown.





With the President of The California Garden Club Federation

Mrs. Leonard B. Slosson, President of the California Garden Club Federation, in her Los Angeles garden

by HELEN W. KING

IT was no simple matter to arrange for an interview with Mrs. Leonard B. Slosson, president of the California Garden Club Federation and regional vice-president of the National Council of Garden Club Federations, but we finally agreed upon a time. Arriving for the interview, I found that Mrs. Slosson had not yet reached home and so I occupied myself observing her wall-enclosed garden, landscaped tastefully along dignified lines that provided attractive vistas, charming terminations and, above all, a sense of peace and remoteness from the hurrying world outside—just such a garden as so busy a person would find most refreshing.

There was a delightful little covered patio adjoining the garden, furnished with sturdy, inviting lounge chairs, across the arms of which reposed many flats of sturdy little seedlings. When, I wondered, did Mrs. Slosson ever find time to plant seeds and set out the plants they produced?

And then she came hurrying in, apologizing for her delay, and we began our talk about the federation while she ate a bit of belated luncheon.

Mrs. Slosson is soft-spoken, gentle-mannered, completely feminine in appearance, not at all the aggressive, dominating sort of woman one naturally looks for to head such an important organization. Underneath that quiet exterior, however, lies a driving force, a persistence that brooks no obstacle.

"What gave you the idea of federating our garden clubs?" I asked.

"Well, I knew of the splendid achievements of other states, and felt that California would gain much by such a union of her garden clubs. In the spring of 1931 I attended the meeting of the National Council at Chattanooga, Tennessee, and when I heard what the federations in other states had been able to accomplish I determined to form one in my own state. I came back with definite ideas of how to go about it and started to work on it in July."

Determined—that is the word! And work it was, for Mrs. Slosson had to begin journeying up and down this lengthy state, interviewing club presidents, persuading them to a new idea. The fact that it was summer and the clubs were "on vacation" was an obstacle, but not an insurmountable one.

Before a federation could be formed it was necessary to pledge ten clubs. Her first founder member was one to which she belonged, the Southern California Garden Club. In December, 1931, she was able to call a meeting of twenty-two founder member clubs to form the federation.

Although the clubs pledged were, for the most part, from points south of that place, Mrs. Slosson chose Santa Maria Inn, at Santa Maria, for this organization meeting—a setting which would lend inspiration to such a move if any would. There was also another reason back of it; she wanted to get that meeting as far north as possible and yet draw the representatives from the south. I remember how she stressed, at that meeting, the necessity of uniting both the northern and the southern clubs if the state federation was to be such a thing in truth.

Naturally enough, the members of the south wanted the first annual meeting in their territory but, quietly and firmly, Mrs. Slosson saw to it that the meeting was scheduled for Oakland, at the time when they were holding their splendid spring flower show. The second annual meeting was voted to Pasadena, with the semi-annual meeting to take place at Del Monte. The third annual meeting will be held at Sacramento in the Senator Hotel, April 20, 21 and 22 of this year, and it is a matter of tremendous satisfaction to Mrs. Slosson that the present membership of fifty-nine clubs is almost equally distributed between the north and the south. Incidentally, she expects to add five more clubs to the roster before the meeting is called.

"Have you always been 'garden-minded', Mrs. Slosson?" I queried.

"Oh, yes! I have had three homes here in Los Angeles, since I married, and around each I created a garden. I've always been very much of a home-body and a home to me would be very incomplete without a garden. My other gardens were much more flowery than this for I was at hand to give them a great deal of personal attention. This garden has to get along with very little care, for now, you see, I am 'state-garden-minded'."

What she has accomplished is all the more amazing because Mrs. Slosson had never been a club woman until she took up this federation idea. The only club to which she ever belonged was a garden club and she was so unobtrusive in that, that I think it thoroughly astonished her fellow members when she started her present activities.

The program of the California Garden Club Federation is (*Cont'd on page 51*

Plant Primulas Now to Bloom Next Spring

by EMMA WILLIAMSON

THE name, *Primula*, comes from *Primus*, the first, and the early flowering primroses are indeed among spring's first and best children. There are several hundred primula species and one often hears many of these referred to as primroses, although this title is perhaps correctly given to *Primula acaulis* (*or vulgaris*) only.

P. vulgaris is the commonly grown border plant with long narrow evergreen leaves in a lax rosette about a foot across. The blossoms appear singly on stems five or six inches long at the center of the plant forming a gay and abundant bouquet. No garden plant offers a more versatile range of colors than *P. acaulis* or its very near relation, *P. polyanthus*. These two with *Primula auricula*, commonly called auricula, form a favored trio, hardy, neat in foliage and lovely and fragrant in flower.

The polyanthus has the same plant type as the primrose, in fact when not in flower one could not distinguish between them. Both are true perennials, as is the auricula, but many of the showy and interesting species that flower in late spring are more often biennial in character.

The primrose flower is repeated in the polyanthus, but as the name indicates, there are many flowers to one stem. These are clustered at the top of a stalk from six to ten inches in height and, unlike the cowslip, always hold their faces upward. Both come in many shades and in single and double flowers although the latter are rare and can only be increased by division of the plants as they do not seed. I have grown some polyanthus from seeds in semi-doubles but the percentage that show any doubling is not large. The single flowers predominate.

Primulas may be grown from seeds or bought as plants. The seedlings make nice flowering plants in ten months or a year, so one should plant this spring for next year's beds of seedlings. Late sown seeds will often show a blossom or two even in April on small plants, and these should form fine clumps for the following year.

Seeds should be sown in clean pots or flats. Place a layer of drainage material at the bottom—broken flower pots or rough gravel with a layer of peat above do very nicely. Then fill to within half an inch of the top with soil mixture made of two parts loam, one part clean sand, and one part fine peat moss. This must be screened through a quarter-inch mesh and leveled and made firm. Then sift through a fine sieve a mixture of equal parts of peat and sand to cover the surface. Use this same mixture after sowing the seeds. It is ideal for keeping the seeds moist and at the same time allowing air to enter, which is essential. Before sowing the seeds pour boiling water over the soil to wet it very thoroughly so that weed seeds and insects or their eggs may be destroyed. In a few hours the seeds may be planted in

PHOTOGRAPH BY J. HORACE MCFARLAND *Golden daffodils fronted with polyanthus in cream, orange and white. Try also bronze polyanthus or blue and gold*

A shaded, scented walk gay with P. acaulis in varied hues. Note arrangement of paths

rows or broadcast and covered with one-eighth of an inch of the peat moss and sand mixture. Have the soil very wet before sowing the seeds and do no watering afterward as the moisture soon rises to the top.

WATERING THE SEEDLINGS

The boxes I water with a very fine, gentle spray; pots are set into a pan of water when necessary, until the moisture just shows at the top. If the seedlings appear in two weeks, as fresh local seeds usually do, watering may not be necessary before this time. The boxes and pots should be kept covered with paper or glass with a folded paper on top.

Last spring I saw a very good arrangement for seeds in pots. A large flat box five inches deep had been used to hold the pots. The space between pots was filled with sand and thoroughly wet. Then the whole was covered with a muslin covered frame. The pots were watched but they did not dry out or show any need of attention until the primrose plants had thrifty seed leaves. I rather prefer pots for the seeds as they are notably irregular in germinating and an early batch of seedlings can be brought to the light at once. This must be done because damping off is to be feared otherwise. Since the seed packets often are not very large one is tempted to sow several varieties in one box, with a resultant irregularity of appearance that is very difficult to handle. If in boxes in rows, strips of brown paper may be laid right on the soil where late plants are expected, while the earlier ones are uncovered.

The plants may be left in the seed plots until two true leaves have formed if no crowding is apparent. However, if the seedlings are badly crowded I prefer to transplant, even in the seed leaf stage, to flats of the same prepared soil, where they are placed two inches apart each way, to remain until their leaves nearly cover the soil when they are to be put into the permanent beds.

A good time for transplanting is October when plants from April sown seeds should be ready. This bed should be of quite rich loam, even a very heavy soil is suitable but never a light sandy one. Some good commercial fertilizer should be incorporated in the soil.

All primulas need plenty of moisture, especially during the growing and flowering season which with these spring types is fortunately coincident with our rains. In summer these varieties, if in shade, will do with little water but must never be allowed to dry out.

Interplanting with violas or other plants that are not soil robbers may well take care of this problem as water sufficient for these summer flowers will also keep the primulas in good shape.

P. auricula thrives in slightly more sun than the primrose and polyanthus but none should have more than early or late sun. The shade of high branching oaks or other deciduous trees is ideal.

Primula auricula has a very distinct habit. The young leaves are folded inwards, and at all times the foliage is thick and very smooth and shorter and broader than that of *P. acaulis*. The leaves often appear dusty as they are powdered or farinose. The flowers are in umbels but the stems are shorter than those of a vigorous strain of *P. polyanthus* and the clusters smaller. These primulas like lime in the soil, and where hard wood ashes are available, these provide a most convenient supply. Ashes also carry a considerable content of potash, a fine plant food, and further act as a deterrent to slugs.

In color, auriculas run to fawn and bronze and smoky blues that are very attractive. Yellow is easily found but rose and pink tones are very rare.

The primroses and polyanthus primulas come in the single forms, in clear shades of every hue. Crisp satiny white, vivid yellow and orange, creamy yellow, pale and dark blue, and palest rose to dark maroon are to be had. There are in the reds at least, gold and silver edged strains that are very handsome. The bronze tones, too, are much favored and come in innumerable shades and combinations.

The doubles are more restricted as to color and are grown only from divisions of hybrids which are being produced abroad in considerable numbers. We should find more of these in our nurseries as interest increases.

After the second year's flowering, these plants should be taken up and separated with at least one good crown and strong roots to each division. The soil should be prepared as for the seedlings and the plants used in the same way. This is a good time to discard inferior sorts and increase the best. Fall is considered the best time for divisions.

Primulas, acaulis, polyanthus and auricula fit well into the garden scheme, companioning the other early herbaceous subjects and making lovely foils for flowering trees and vines.

We have long enjoyed beds of polyanthus under the laburnums. These trees are the golden chain of England and are bedded below with white, yellow and orange polyanthus.

Beneath our lavender wistaria, bronze and fawn shades have been good but pink should be equally beautiful. Daffodils and forget-me-nots and bleeding hearts, and indeed all the lovely spring-comers are good with primulas.

Two very nice winter-flowering primulas for mild climates are *P. malacoides* in lavender and pink and *P. kewensis*, a soft yellow and very sweetly fragrant. These may be grown from seeds just as the others described and are very generally available from nurseries in small plants in the fall.

FLOWERING SEASON

Primulas have a very long flowering season, fully three months. The blue primroses and polyanthus primulas are especially likely to begin flowering in early winter although all the colors show some winter blossoms. I was asked a short time ago whether these early blossoms should be removed lest they exhaust the plants before spring. This should never be done as these precious flowers are so valued in winter and do the plants no harm. Indeed, it is worthwhile to watch for plants which flower early as some of these show the trait every year and should be increased by division.

Editor's Note:—This spring while primulas are in bloom make it a point to see the different varieties growing. Then plant seed or make a note on your calendar to buy plants next fall. From Mrs. Williamson's clear directions you should have success with this flower.

Forget-me-nots and P. acaulis for the rock garden create a lovely spring picture

You *Can't* be a Gloria Stuart
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"Between shots"—in one of her moments of relaxation—Gloria Stuart entertains informally with her Toastmaster Hospitality Tray

Lovely Gloria Stuart is starred by Universal in "Beloved" and "I Like it That Way."

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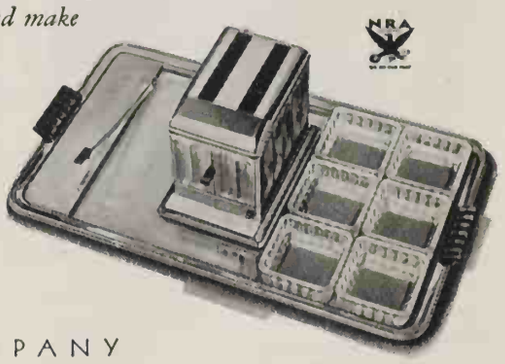

THE TOASTMASTER HOSPITALITY TRAY—The New Toastmaster with the Flexible Clock on a handsome chromium Tray, with six glass dishes for spreads and relishes, and a clever cutting block and knife for trimming toast. The Hospitality Tray complete with two-slice Toastmaster: $19.75; with one-slice Toastmaster: $15.25. The Hospitality Tray alone: $7.50. Toastmasters sold separately: One-slice — $11.50; Two-slice — $16.00

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GENEVIEVE A. CALLAHAN

Insomnia simply hasn't a chance with a bed like this—deep, soft yet firm, tuftless innerspring mattress, on top of a deep box spring. It's built for sleep. Photograph by Gabriel Moulin.

NOT many of us go about picking flaws in the household appointments and practices of homes in which we have been entertained, as certain current advertising copy depicts us doing. But honestly, haven't you been asked to sleep in some pretty poor beds? In hotels, camps and cabins, even in homes—yes, most decidedly in homes!—the need for better beds is positively a crying one.

By better beds I don't mean necessarily new bedsteads, though there undoubtedly are several thousand none too dependable frames holding up trustful sleepers, who are threatened with a rude awakening at any moment. There are probably more thousands of bedsteads that will hold together all right for years and years, but that creak and weave about in a most disconcerting manner.

Maybe you need a new bedstead, or an entire new set of bedroom furniture; but whether you do or not, the chances are that in at least one bedroom in your home you sadly need a new mattress or springs, or more likely, both. And may I urge in all sincerity that if you must compromise with your budget in this matter of new bedroom furnishings, you compromise in this way: paint or refinish the old furniture, and spend your money on a really good mattress and springs. Eight hours a night of comfortable, restful, health-and-sanity-preserving sleep are a better investment than sixteen hours a day of pride in the mere appearance of your bedroom.

If you were to cut into the mattress pictured above, you would find double cone springs firmly anchored between layers of quilted-on sisal, these in turn covered with fine cotton felt

The glib advice that you "buy a good mattress and springs" is scarcely sufficient help to those of you who are in the market, but who are not quite sure just what constitutes a better bed. It is somewhat bewildering to be confronted with the vast array of types and prices, to say nothing of colors and materials, in the bedding department of any good western department store.

You will have to choose between two main types of mattresses: innerspring, and springless ones. The latter type includes horsehair mattresses, which are expensive, comfortable, long-wearing, and cool; cheap mattresses of cotton linters, which are, generally speaking, to be shunned, for the unfelted cotton linters soon lump and are thoroughly uncomfortable; better mattresses of felted cotton linters, a mixture of long and short fibers being worked together to form fine layers of cotton felt; and mattresses filled with kapok, that silky vegetable floss which, while not so long-lived as some of the other materials, does make a comfortable, springy-feeling bed. (Frequent sunning and airing are helpful in preserving and renewing the buoyancy of kapok, but the brittle fibers do eventually break down and lose their liveliness.)

The vast majority of mattresses sold today are of the innerspring type, which should prove something. In this type, you will of course have to choose between several good makes, and among different types of interior construction. Your dealer can tell you—or better yet, show you—those interior differences, more clearly (*Continued on page 46*

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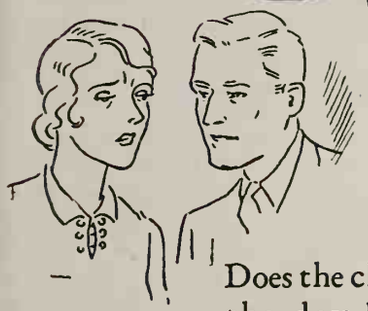
A NAME TO REMEMBER

When the Monotony of Daily Tasks Moves You to Buy a New



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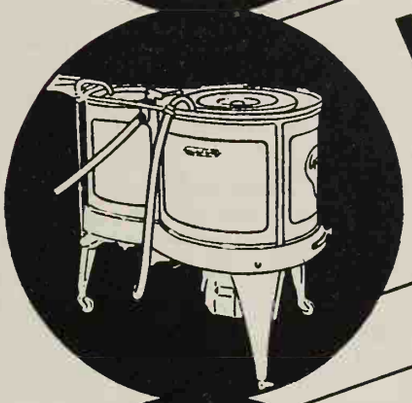

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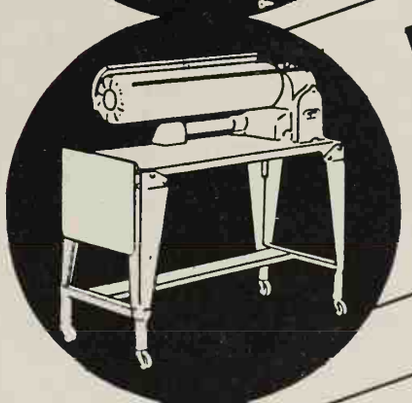

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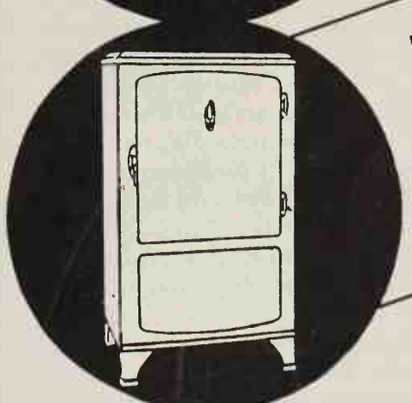

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Window Boxes for Western Homes . .

by MRS. CABOT BROWN

WINDOW boxes need not be alike as peas in a pod. There are as many gay and frivolous friends as a shut-in could wish to cheer long hours; as many drought resistant, easy-to-take-care-of plants as a casual gardener could ask for; as many dignified formal arrangements as even the most critical architect could demand. Let us turn our backs for the moment on such valuable old standbys as geraniums, genista, petunias, lobelia and marguerites and consider what other flowering and evergreen plants we can persuade to flourish in the patches of garden outside our windows, and on our roofs, terraces and porches.

POINTS TO BE CONSIDERED

Before deciding what to plant in the window box we must consider the following: Exposure (amount of wind, sun or fog, also protection from frost); ease of maintenance; architecture of residence or building; color of walls that foliage and blossoms may harmonize or contrast in an effective manner; and size of container. At the end of this article you will find suggestions for various places and conditions. Space is far too limited, however, to give complete lists. If you are to be a real window box gardener, you must be experimental. Try out various combinations of plants for yourself and know the real joy to be derived from this fascinating form of gardening.

TWO METHODS OF BOX GARDENING

As to methods of window box gardening, there are two. The most general is to place plants directly into soil contained in a box. The other is to grow what is desired in pots, placing these in the box (which has been constructed with this in view, deep enough to allow the pots to rest on a layer of gravel at the bottom, and to be entirely concealed, the plants alone showing). The latter system requires either some other garden space where pots can be kept when not in flower, if a change of material is wished; or an arrangement with a nurseryman or florist for supplying fresh plants, and taking care of whatever is out of season. Its great advantage lies in the minimum of mess. Watering and tending these bits of garden from inside the house, always necessary for upstairs boxes, is, at best, difficult to do neatly—and merely exchanging new pots for old is a simple performance compared to trailing soil, fertilizer, sprays, tools and plants through a swept and tidy domain.

For the indomitable, however, there are arguments in favor of the other method. It produces better trailers and vines, for instance. Permanent plantings can be made with an idea of seasonal change. Bulbs will give more satisfactory results than in pots. And if your window box is the only place where you can dig, surely, by the careful use of newspapers, sacking and such, you can indulge a passion for gardening without too much upheaval.

TYPES OF BOXES

There are wooden window boxes, metal boxes, concrete boxes and terra cotta boxes. Metal boxes require more frequent watering and in very warm exposures will conduct too much heat for the good of the contents. Concrete and terra cotta also dry out with great rapidity, and because of their weight are somewhat more awkward to handle than is pleasant. Wooden boxes retain moisture longer than any of the others and are, therefore, preferable. Redwood, most durable of available woods, is to be chosen wherever possible. But regardless of the material used in constructing your box, the same principles of gardening apply.

Make plenty of holes for drainage in the bottom of the box, two per square foot, and cover each hole with a good sized piece of inverted broken crockery. An inch of gravel should come next. In a shallow box, however, this can be omitted to allow for more soil. Fill up the box with rich loam, mixed with a small amount of fertilizer, sand and peat. Press down and wet down so that in the finished job there is a two-inch space from the top of the soil to the top of the box. This is absolutely essential for proper watering.

POINTS ABOUT PLANTING

In planting, do not overcrowd, remembering that there is a limited cubic content, and roots need room. Watch for root binding, and divide perennials even as you would in a border. Control insects with a small hand sprayer, using the spray needed to rid you of your particular pest. Cut off the dead blooms of annuals. Water thoroughly rather than frequently.

In general, trailing things should be placed at the front, small shrubs are to be used at the ends, or in a very capacious container, at the back for structural green. But each window presents a different problem, and demands a different solution. By using real thought, taste and imagination, your window box can be given a charming, decorative quality, both from within and without.

See page 52 for planting suggestions

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TRAVEL & OUTDOOR LIFE . . .

Conducted by HELGA IVERSEN

THIS month just as we were getting ready to tell you about a trip to Utah's Dixie, the following manuscript came to our desk. It is such a complete account of how one SUNSET family enjoyed a vacation by automobile in that region that we decided to pass it along. The manuscript is appropriately called "Fifteen Roamin' Holidays," and reads as follows:

For several years during vacation, our family has roamed up and down through California's beautiful parks, valleys and mountains. But we yearned for new pastures, and our trip of 2,500 miles from Oakland, California through Nevada, Utah and Arizona brought such happy results that we are passing our experiences along. Our itinerary follows:

Sunday: Oakland, California to Reno, Nevada, 242 miles, an easy drive over paved highways with beautiful scenery. We were in Reno early enough to spend the afternoon sightseeing in the town. Excellent tourist camps and cabins are to be found here.

Monday: Reno to Elko, 296 miles over perfect roads—a long drive through desert country. Be sure to carry thermos bottles of cold water or unsweetened fruit juice.

Tuesday: Elko to Salt Lake City, Utah, 249 miles. After leaving Wend-

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over at the Utah state line, watch for the sign leading to the "Optional Highway." This means you may turn onto the salt beds and for several miles parallel the regular road, only you'll be driving on a sea of solid salt. (If you're skeptical, taste it!) Dark glasses will protect your eyes against the blinding glare.

Wednesday: Spent the whole day at Salt Lake City, the oasis of wide shaded streets, lovely homes, schools and churches and modern buildings, bounded by the great salt desert and the towering Wasatch mountains.

Thursday: Salt Lake City to Bryce Canyon National Park, 300 miles, a scenic drive through fertile farm lands and mountainous country. The roads are good and the end of the road will bring you the most exquisite view of a fairy land, entirely different from any other national park in all our SUNSET Land. A good hotel offers accommodations at the rim, and there is also a free camp ground about two miles away (on the road entering the park) where, for a dollar a night, you can have a clean, primitive log cabin, furnished with a double bed, a wood stove, and a chair, if you carry your own bedding. You may also have the privilege of the main social hall, fireplace, and free illustrated lectures and entertainment nightly.

Friday: Spent the morning walking to the floor of the canyon with a free guide, provided by the government; an easy two-hour walk for old or young. After lunch we drove the 90 miles to Zion Park. The latter portion of this drive is most amazing and awe-inspiring. Zion will remind you of Yosemite, minus the waterfalls, but done in brilliant shades of red instead of soft gray. There are no cabins, but there is a free camp ground and an American plan hotel.

Saturday: Spent the day exploring Zion. There are marvelous trail trips by horseback or afoot.

Sunday: Drove from Zion to the North Rim of the Grand Canyon, 128 miles, the latter part through the Kaibab Forest where we counted over 100 deer along the roadside. There are reasonable cabins at the north rim, and a good cafeteria—but after looking at the canyon you won't know what you're eating or care where you're sleeping!

Monday: Spent the day at the canyon, and took the half day mule trip to Roaring Springs.

Tuesday: North Rim to Cameron, Arizona, 181 miles, crossing the Colorado River over the suspension bridge at Marble Canyon. Rather poor though not dangerous roads, but thrilling country, and very new to auto travelers. There is a trading post at Cameron and you may get rooms there, or camp. Interesting Indian life.

Wednesday: If you don't mind rather primitive roads take the Cameron Road into the South Rim of the Grand Canyon; otherwise take the longer route via Flagstaff and Williams, 145 miles. Either route will get you to the South Rim in time for late lunch.

Thursday: We took the twelve mile round trip by mule from the rim to the river and back. Recommended to all who are impervious to stiff muscles as an aftermath to a glorious experience. There's plenty to enjoy on the rim if you decide to forego the mule trip. Accommodations the same as on the North Rim, with El Tovar in addition offering de luxe accommodations.

Friday: Grand Canyon to Needles, 265 miles over perfect roads.

Saturday: Needles to Bakersfield, 285 miles, excellent roads.

Sunday: Started early and were home before dark.

For this enjoyable short-time, long-mileage trip our expenses for two were about $130 which we figured as follows: Gasoline and oil, $35; food $45; sleeping, $20; Mules, $15; and extras, $15. We stopped in tourist camps exclusively, renting furnished cabins, except at Zion and Cameron. We did no cooking. The same trip could be made for less by cooking at least one or two meals each day, omitting the mule trips, and carrying your own camping equipment.—Myrtle Hollenbeck, San Leandro, California.

IT'S TIME TO VISIT A DUDE RANCH

Travel Editor, Sunset Magazine:

Will you be kind enough to furnish me with information regarding dude ranches in the West? Are there any in California? I should like to know about rates and just what is offered in the way of accommodations and entertainment.—B. C., Los Alamos, California.

It isn't enough that dude ranches have to be one of our favorite diversions, but the world sings of spring outside our window today, and we can think of nothing we'd like better at this moment than to hop a plane and fly south to our favorite dude ranch. Spring on a dude ranch is one of the most delightful experiences one can have. Rolling hills covered with a carpet of green, and wild flowers blooming in profusion, the river full and swift tumbling down the canyon, the air crisp and clear, and the horses full of ginger! Yes, there are hundreds of dude ranches in the West, which is the cradle of this industry. We have sent you literature on the dude ranches in the various sections of the West, including the few in California. Rates vary at the different ranches, from $35 a week up, including a horse. Accommodations are either in a main ranch house or in individual cabins around the ranch house. You will find

THIS young woman was told by her husband to "save money" on gasoline. But after her last experience on a grade with a traffic light at the top, her *Better Judgment* whispers: "You really don't save money when it's at the expense of your car's performance."

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Summertime is most delightful in Alaska. Its brilliant May-to-September vacation season brings also nature's response with vast fields of glacier-nurtured flowers. Inland we find berries and vegetables of unbelievable proportions. Surprise follows surprise in this Land of Amazing Contrasts.

CRUISE TO THE ARCTIC

If you are one of those arm-chair adventurers to whom the spell of the Arctic has been only a dream . . . satisfy those yearnings now, *by really going there!* The Alaska Line's 1934 Arctic adventure cruise leaves Seattle on August 8th. In 26 days you cruise clear to the polar ice-pack . . . amid the comforts of the famous SS. VICTORIA . . . at a cost comparable with that of an ordinary vacation. Write for Arctic Cruise Booklet.

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a spirit of informality on any dude ranch, and you will find yourself feeling like a member of a large family rather than guest. Entertainment? Being lazy is one of our favorite sports, but horseback riding is the main attraction. If you don't mind cold water the swimming is also good in the spring. Meals become a form of entertainment! And there might be a dance of an evening if some cowboys from the neighboring ranches drop in, or a moonlight ride, or just stories around the campfire. Just a minute—we've got to telephone for a reservation on that next plane!

GOING TO PANAMA?

THE article on page 8 of this issue will give you sufficient inspiration to get under way bound for Panama, but The Travel Service Department has on file a supply of booklets giving information on what to see during a four day stopover in Panama and Balboa. Enclose a three-cent stamp when requesting this leaflet.

"SO YOU'RE GOING TO EUROPE!"

IF YOU are visiting Vienna you now need have no qualms about getting into linguistic difficulties. It is possible to engage a companion (either a man or a woman) who will serve as guide for any length of time. These guides are able to speak English fluently, and their fee is a trifle.

Italy, lying lazy in the warm Mediterranean sunshine, has reduced rail rates as an added incentive not only to see Italy, but to see *all* of Italy. The first National Air Show is to be held in Milan in April, and if flowers are your particular interest, go to San Remo for the flower shows. Auto races are to be held in Brescia, and polo matches in Rome. Beginning in May and lasting until October will be the Biennial International Art Exposition in Venice. The Ascension Day festival in Florence in mid-May is one to thrill the spectator—it is the festival of the cricket, rustic day of joy at the return of spring. The festival of "Ceri" is held in Gubbio in May.

The best route from Paris to London or vice versa is the trans-Channel air line. There is a daily service across the Channel in 38-passenger air liners, and a four course luncheon is served en route to your destination.

If you have occasion to go from Berlin to Hamburg, a trip on the "Flying Hamburger" train is one you won't forget. The train maintains an average speed of 77.7 miles an hour over a stretch of 178 miles between these two important cities.

If you are in England in June, arrange with your local agent to get you reser-

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ations for the Aldershot Tattoo. pecial trains will carry guests to Alder- ot to witness this great military ageant and gala entertainment. June 6, 19, 20, 21, 22, and 23 are the dates. Vrite for a descriptive folder on this olorful pageant.

The Wagner Festival Plays will be iven again this summer instead of in 935 as the traditional biennial plan rovides. A special feature will be the ompletely new staging of Parsifal. rturo Toscanini and Bruno Walter will onduct one or several performances aily during the Salzburg Festivals in ienna July 28 to September 2. He who as not experienced spring in Vienna as missed a great part of the joy of fe! The flowerbeds of the Ringstrasse re at their most colorful, and the very ir is tangy with spring. In addition o the Vienna Festivals, May 27 to une 17, there are local festivals and nnumerable concerts at nearby resorts nd in the Tyrol. (Send for a calendar f Events in Austria for 1934.)

A leaflet on the Oberammergau Pas- ion Play for 1934 is now ready for dis- ribution through the Travel Service Department. The opening performance f this great spectacle is May 27—the ast performance to be given September 6. The leaflet gives prices of accom- odations in the little village, price of he ticket to the play, and information ecessary to including the Passion Play n your European itinerary.

If Europe is in your vacation plan for his year write the Travel Service De- artment for further information on any ems mentioned, or for descriptive terature of Germany, England, Swe- len, France, Poland, Norway, Switzer- and, Scotland, Austria, Italy and the oviet. Be sure to tell us when you lan to be abroad so we can send you nformation on special festivals and cele- rations. And will you please enclose a hree-cent stamp with your request?

While reduced summer rail tickets astbound, go on sale May 15, anyone howing a trans-Atlantic steamship icket for Europe can take advantage of he reduced rates any time after May 1.

ALL EXPENSE TOURS TO MEXICO

Travel Editor, Sunset Magazine:

If you have literature on any all expense tours to Mexico, I shall appreciate it. And can you tell me what to see particularly while in Mexico City? Literature will be appreciated.—K. E., Seattle, Washington.

Mexico, the land of *siesta* and *mañana*, s balm to the tired person. It is a land f sunshine, warmth, scenic grandeur nd historic relics so far antedating the ldest civilizations as to defy archeolo- ists. But there are modern hotels and xcellent railroads in this land where ife is casual. Mexico City is only three days from California by train, a little

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more by steamer. A number of inclusive tours have been worked out on the all-expense basis from Pacific Coast cities. For the person whose time is limited, there is a two weeks' round trip (from Los Angeles—longer from northern cities) going one way via El Paso and returning via Guadalajara and the West Coast of Mexico. This particular tour allows four full days in Mexico City, with time for side trips to the Guadalupe Shrine, the floating gardens of Xochimilco, to the Pyramids of the Sun and Moon at Teotihuacan, to Cuernavaca, Taxco and other equally romantic spots. There is also a three weeks' round trip all-inclusive tour that allows longer stopovers en route and more time in Mexico City. The rates vary according to the length of the trip and the transportation. Let us know how much time you have available and we shall send you rates. We have sent you an excellent booklet on "How to See Mexico City and Surroundings," as well as an illustrated booklet on the tours mentioned.

GET YOUR RESERVATION IN EARLY

BECAUSE there were so many adventuresome souls who didn't catch the boat when the "City of Los Angeles" left on the South Seas Exploration Cruise, another similar cruise has been scheduled to follow the same itinerary as the tropic ship that sailed in February. The same cruise fare of $400 first class (including all expenses of the trip) will apply to this second Exploration Cruise that will sail from San Francisco June 26 and Los Angeles June 27, to be gone 44 days. The ship will cruise about the Marquesas, Society, Cook and Tonga Islands, then to New Caledonia, Fiji, Samoa and Hawaii. It promises to be another "best seller," so get your reservation in early if you want to get on!

THE JEWEL BOX

PIZARRO founded the city of Lima 43 years after Columbus discovered America. It is all very ancient, very lovely and very intriguing. But we wonder how many of you feel the way we used to about Lima—it was only a name, rather faintly impressed on the mind from school days, which we associated with Peru and South America, and after we'd remembered that much, we dismissed it. Of course we didn't know what we were missing! A famous columnist once called Peru a "jewel box," and when you know more about this part of South America you can almost feel the weight of gorgeous gems in your hand and see them glint in a sun that has shone for many centuries on a very old part of this Hemisphere. When

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KODAK GUIDE

There is nothing quite so disconcerting as to return from a grand vacation with a few dozen films and then to find them, upon being printed, either over or under exposed. In order to get really satisfactory pictures, various exposures are needed for various scenes, climatic conditions, etc. An "Outdoor Exposure Guide" illustrated with various types of pictures has been prepared for the novice. Send for a copy of this guide and be assured of good vacation pictures. Address your request to the Travel Service Dept. enclosing a three cent stamp.

You'll see odd things

in MEXICO

. . such as the floating gardens of Xochimilco near Mexico City. Plan to visit Mexico this spring or summer for a new kind of vacation.

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from the Pacific Coast to Mexico may be arranged to suit your convenience. Leave any day, by air, rail or water for two weeks or longer.

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you return from Lima and the other interesting port cities you will touch en route and returning, your friends will suspect you of exaggeration, for it is a land of unbelievable beauty. Every two weeks a ship sails from San Francisco and Los Angeles (with connections from the Northwest) bound for old ports in Mexico, Central America, Panama and the Canal Zone, where transfer is made to another ship of the same line for the trip down the West Coast of South America—Colombia, Ecuador and Peru. The round trip of 52 days, including all expenses and shore excursions, etc., can be made for $300.

Rambles in Europe . . . *with* JANE C. HIGBIE

PARIS in springtime! My friend and I were so fortunate as to arrive early, in advance of the tourist rush—in time to enjoy the city in leisurely French fashion.

We strolled along the *quais*, browsing among the old prints and books in the stalls beside the Seine. Through the young green of leafing trees Notre Dame loomed mistily in the distance. Boats traveled busily up and down the river, stopping at the landings to take on passengers. The long, dark buildings of the famous Louvre, treasure-house of art through the ages, looked out over the Tuileries Gardens, where hyacinths and tulips were coming into bloom.

Near the Hotel Crillon, home of Prime Ministers and others high in political life, stood a flower-vender, holding a flat splint basket of sweet purple violets, fresh from the flower fields of southern France. For a little less than an American dollar, the whole basket changed hands and we proceeded on our way to visit a friend.

Later we dined in a cozy Alsatian restaurant, near the Madeleine. Red checked tablecloths; tall bottles of Kirsch and Mirabelle (the oldest liquors of the Vosges vineyards), and baskets of crisp brown rolls, all added a picturesque touch to the softly lighted, quiet room.

And as for food, there was a delicious souffle, fresh green salad, *Crepes Suzette* (brought flaming to the table), and a cup of black coffee.

There is no greater pleasure than an evening stroll about Paris. We chose first to cross the spacious, indescribably beautiful, *Place de la Concorde*, continuing down the broad, tree-lined *Champs Elysees* toward the Etoile, where stands the *Arc de Triomphe*, towering above the unknown Soldier's tomb. The view of the city from this historic spot is truly comprehensive and beautiful.

But we did not reach the arch that night. My attention was attracted to a building partially concealed by the trees

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or write 311 California Street, SAN FRANCISCO

THE ADMIRAL LINE

TRAVEL

about it, where there seemed to be something of importance going on. Well-dressed people were arriving and being received at the door. Despite my friend's protest, I went closer and found it to be the charming, exclusive and very beautiful *Theater Marigny*. The performance was "Madame de Pompadour" and I never hope to see a more exquisite performance. Stage settings, costumes, decorations were all in the spirit of the period, one of the finest productions ever seen on any stage. The theater is a symphony in nile green and gold, with boxes jewel-like in ruby velvet. In summer they open out over the cool green of the park. Encircling the hall is a partition of etched glass and beyond it a rose garden, a smart rendezvous after the races.

And now, as I write, the beautiful *Place de la Concorde* is filled with raging mobs, directing their violence against the Crillon (jewel of architecture), trampling the Champs Elysees into a muddy, bloody, shambles. The days of the old Revolutions are again revived and even the sacred and beautiful Madeleine is not safe. All this around the corner from our Paris hotel, on the Rue Cambon, where we lived so delightfully in the center of all things fine and interesting.—Jane C. Higbie.

SOUTHBOUND BY STEAMER

Travel Editor, Sunset Magazine:

I am planning a two weeks' vacation trip to San Francisco this spring and as yet have not decided whether to sail from Portland or Seattle. What do you suggest? I should like information on the steamship lines along the coast, and any information on what to see and do and where to stay while in San Francisco.—B. S., Eugene, Oregon.

Since your trip is a vacation trip and not business, we would suggest sailing from Seattle. The trip is longer and the cost is not much greater than from Portland. A trip on one of the large modern steamers in this service will give you all the benefits of an ocean voyage in a limited time. The service on the two lines whose literature is being sent is a frequent, fast service. One of the lines has a sailing every two weeks and the other a sailing southbound from Seattle twice a week. The round trip fares are from $37.50 up, minimum first class. There is so much of interest in San Francisco that we shall resort to sending you descriptive literature lest we fill up all our travel columns with notes about this city! And we are also sending you a list of interesting places to dine and lunch in this city—from a castle on Telegraph Hill to "below the street" in Chinatown. There are hotels in San Francisco to suit every purse, and folders on the leading hotels have also been sent.

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Because 1934 is the Tercentenary Anniversary of the Oberammergau Passion Play, the 33 performances to be given from May 21 to September 23 will be augmented by a stirring historic play depicting the events of the Thirty Years War which led to the first Play in 1634. At travel costs comparing favorably with previous years, it is possible to combine a European trip with a visit to Oberammergau.

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TRAVEL

THE FISH THAT GET AWAY

THE saddest tale the angler can tell is the story of a big one that got away, yet in many instances when a big fish is lost it is due to the angler's carelessness.

In fly fishing there are many things the angler fails to do that cause the loss of fish. Let us go into the matter of his leaders. In some cases the gut is too fine for the size of the fish he expects to catch. If the leader is heavy enough it may be an old one that he failed to test thoroughly before beginning to cast. He may have neglected to soak it long enough to make it soft and pliable. He may have coiled it with a hook attached, and the rusting hook may have come in contact with the gut. Rust spots on gut mean weak spots in a leader.

If the leader was heavy enough and not weakened by age or neglect, the angler may have caused it to crack where it is tied to the lure. This can be done with one faulty back cast in fly fishing or when a back lash occurs in other fishing. The remedy is, of course, to practice casting to overcome faulty casts and back lashes, but even if the casting is good, the leader where it is attached to the lure may be weakened when it is sawed back and forth over the teeth of a fish, and if it is not examined and retied to the lure, it might break when a big fish strikes. The thing to do is to carefully inspect the leader from time to time, especially after a fish has been landed.—J. P. C.

UPSTREAM OR DOWN STREAM?

WHETHER to fish upstream or downstream for trout is a question that is often asked by novices. They hear experienced anglers argue the point and become confused. There really is no set rule that can be followed in all waters for the various kinds of trout during all parts of the open season.

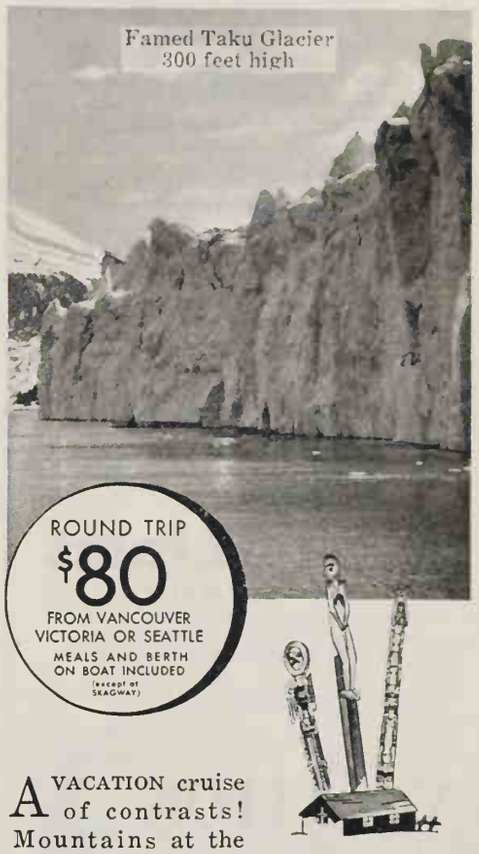
Steelhead anglers cannot possibly fish upstream because they must fish with sunken flies, so their casts must be across the current to allow the fly to sink while it drifts downstream.

The dry fly angler works his way upstream, casting ahead and across. If he were to cast downstream the drag of the current would quickly pull the fly under the surface.

The novice will usually do better by fishing downstream because more skill in casting is required to cast up against the current. The line must be straightened completely in the air before it reaches the water if the cast is made up against the current, while if it is made downstream the current will straighten the line.

Where it is possible to do so, and if the angler has good control of his line, it is advisable to work upstream except when the fishing is being done for steel-

Wonder Cruise to **ALASKA** *this summer*



A VACATION cruise of contrasts! Mountains at the water's edge and 2000 miles of *smooth* sailing. Glaciers that sparkle and crackle in the dazzling Arctic sunlight — flowers that grow to double their normal size. Totems. Primitive Indian villages. Gold Rush towns. The Trail of '98 that lures you on into the heart of the Yukon . . Two sailings weekly from Vancouver. Perfect cuisine. Gay ship activities, dancing, games. Through rates and convenient connections from all Pacific Coast cities. Find out, too, how little extra it costs to combine a trip through the Canadian Rockies with this thrilling Alaska cruise. Write for booklets and details.

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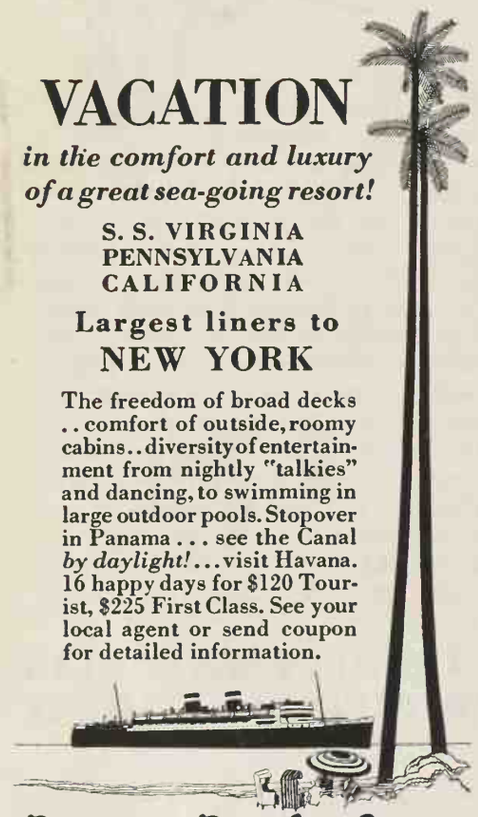

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head. The fish lie with their heads against the current while watching for food to drift down, and they are therefore less likely to see the angler who approaches them from behind. When a fish rises to a lure that has been cast upstream the pull of the line when the hook is set is toward the fish and not away from him.

One very important advantage in upstream fishing is that hooked fish will not run so far upstream as they will when heading down with the current, so their runs are not in territory that the angler wishes to work over later. In other words, the upstream angler plays most of his fish in water he has already covered and the frantic rushes of trout he hooks will not disturb the fish he hopes later to lure.—J. P. Cuenin.

•

Vacation Cruises

(*Continued from page 11*)

EVEN this indispensable cover-all may be of a becoming color.

For steamer wear two good-looking knit costumes in pastel colors will see you through cooler days, and three or four washable sports dresses of cotton or silk when it is warm. Two to four informal evening dresses of crepe, lace or the new novelty cottons, will help you to feel well-dressed for dinner. Avoid crushables. Cool silk or cotton town-type clothes should be included for sight-seeing. And women should praise heaven for the vogue of the swagger ensemble, which, in lightweight wool with silk blouse or thin sweater, makes an ideal starting-off and end-of-the-journey outfit.

For men, flannel suits, duck trousers and a trim sports jacket are the uniform for steamer wear; plus-fours are not considered appropriate. Palm Beach suits, too, they will want, and that is when, in Panama or in China, it is the men who have the excitement of shopping, while their women are on the sidelines. Evening dress is optional for men, but in first-class travel, men usually choose to wear dinner jackets. And finally, it is reassuring to know that accessories and smart fill-in clothes suitable to local conditions can be bought at practically every port.

Editor's Note.—Sunset Travel Service Department will be glad to answer questions about any one of these trips that may suit your fancy or your budget (prices range from $125 to $850). If you will give the month in which you wish to leave, a definite itinerary can be worked out. Address your inquiry to the Travel Service Department, Sunset Magazine, 1045 Sansome Street, San Francisco, enclosing a three-cent stamp.

YOUR BOY
this Summer

THE individual attention given to the needs of each boy accounts for the high esteem with which parents regard

LOKOYA
Boys Camp

(Two hours drive from San Francisco Bay Cities)

Your son will develop real swimming ability in our filtered pool. He will acquire skill in sports through playing team games and individual coaching. He will enjoy the freedom of life in the open yet will be fully safe-guarded.

Lokoya Boys Camp is located eleven miles northwest of Napa. A beneficial change from the Bay Region is provided by the warm, dry climate and the elevation of 1500 feet.

The Camp is beautifully wooded, is free from accident hazards and is easy of access.

CAMP SEASON
June 10 to August 4

AGE GROUPS
Senior Camp 15 to 17
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The Reduced Camp Fees of 1933 are in force for the 1934 season.

Write today for complete information.

PAUL FLEGEL
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Send information concerning
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Address.....
City.....State.....

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Come in this
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When you plan your new home be sure to place the fireplace so that several chairs can be grouped about it.

PREVENT POISON OAK
with POISONOK
(CONCENTRATE)

A remarkable preventive, it is taken internally, by drops, and "vaccinates" for an entire season. Used by 9th Army Medical Corps in C.C.C. camps and by power companies for line crews. Immunization should begin at least two weeks before possible exposure.

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Established 1897 BERKELEY, CALIFORNIA
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With our Western Poets

•

EVERGREEN TWILIGHT

LIKE a great flagon of rare amber wine
Held to the thirsty lips of night,
The West
Is drained of sunset splendor. On the crest
Of gloaming foothills, halberd-shafts of pine
And cedar rise, a broken skirmish line
Hard on the bridge-fires of the day. Her breast
Bared to the sky, the moon renews her quest—
Of hemlock peace nightly the argent sign.

The mountain's sage old head is lifted high
In timeless contemplation. What has it seen
Of drama on the pine-dim slopes below,
Of savage strife, of tragedies long by?
Nothing is heard of epics that have been,
Save the unfathomed silences of snow.

—OTTO FREUND.

I'M ONLY THREE

WHEN I lie
upon the grass,
watching tiny ants
go past,
I shall never
be much more
than the age
of three or four.

Acacia's yellow, dusty smell
always leaves the
same old spell.
I'm six—
I'm wearing buttoned boots,
and stars upon
my sailor suits.

Or if I hold
a large sea-shell
against my ear
to hear it tell
a humming story of the sea,
I'm very young—
I'm only three.

—ELEANOR BURTCHAELL BYRNE.

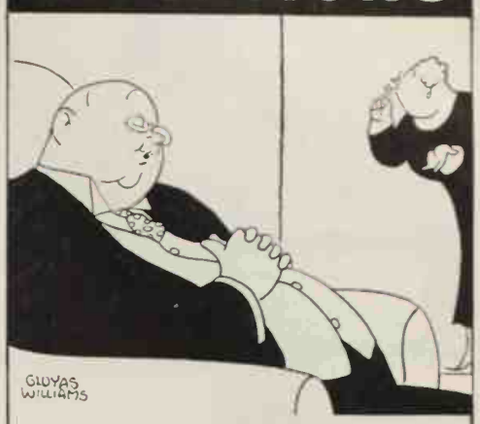
PICTURE

PURPLE hills that rim the bay,
The snowy curve of a sail—
Sapphire blue of sea and sky,
And emerald green a trail.

Sunset gold and the quick gray flash
Of gulls that wheel and soar—
Dusk—and a distant star or two,
And lights from homes ashore.

—CRISTEL HASTINGS.

SERIOUS SITUATIONS



THE DROWSY GUEST

Why did the impeccably correct Mr. Dillingham fall asleep after Mrs. Van der Van's supper?

SOLUTION: Mr. Dillingham enjoyed too well the delectable Log Cabin Syrup and waffles Mrs. Van der Van served. Log Cabin Syrup is a special blend of Canadian maple, Vermont maple, and pure cane sugars. Hence its delicious flavor; its North Woods tang. Sealed in the unique Log Cabin tin, so popular with children. A product of General Foods.

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If your vacation home is a log cabin never use standard doors—batten or plank ones, hand made, are more appropriate. And never use door knobs for log cabin doors—the latch is more in keeping.

Miss SAYLORS

5 CENT CANDY BARS

The ideal luncheon dessert for busy mothers and hungry youngsters. Unwrap and serve a patty to each. A perfect food. Nourishing. Wholesome. Satisfying. Made of pure cream, fresh butter and delicately flavored chocolate under Miss Saylor's personal supervision.

Get a dozen Miss Saylor's bars today and know their goodness.

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Miss Saylor's Chocolates, Inc. Alameda, California
☐ Enclosed find 10c for two Miss Saylor's Candy Bars. My dealer does not carry them.
☐ Please send free booklet "The Story of Miss Saylor's"
Name _____
Address _____

Bean Rarebit!
BAKED BEANS
Mash beans or put through food chopper
Melt butter, add cheese, and stir until melted
Add beans and seasonings
Stir
Add milk, and cook until creamy
Serve on crisp crackers or toast ~ Good!

The Kitchen

TRADE MARK REGISTERED

These recipes are designed to be clipped and mounted on filing cards, or pasted in your cooking scrap book. You are invited to share your own favorite recipes with other Sunset readers. Address Genevieve A. Callahan, The Kitchen Cabinet, Sunset Magazine, San Francisco

Bean Rarebit

(*Illustrated on this page*)

Decidedly easy to make and good to eat is this simple rarebit, which serves equally well for a buffet supper or an attractive luncheon dish. You will need:

1 cupful of baked beans with tomato sauce, mashed or run through a food chopper
2 tablespoonfuls of butter
⅔ cupful of grated sharp cheese
¼ teaspoonful of paprika
½ teaspoonful of salt
1 teaspoonful of A.1. or Worcestershire sauce
1 cupful of milk

Melt the butter in a double boiler or chafing dish. Add the cheese, and stir until melted, then add the mashed or chopped beans and the seasonings, and stir until smooth. Lastly, add the milk, and cook until creamy and of the desired consistency. Serve on crisp crackers or hot toast strips. This recipe serves six very generously.—Mrs. P. R. A., San Francisco, California.

A DIFFERENT BUFFET SUPPER

Tomato Aspic Salad *Bean Rarebit
Olives Pickles Stuffed Celery
Hot Biscuits
or Steamed Brown Bread, Buttered
Coffee Beer
Pineapple or Lemon Sherbet
*Dream Bars
Salted Nuts

Clam Souffle

12 square salted crackers, crumbled
1 cupful of milk
¼ cupful of melted butter
1 flat can of minced clams
Pepper and salt to taste
2 eggs, well beaten

Pour the milk over the crumbled crackers and let stand about 20 minutes. Add the melted butter (use a little more if you desire it richer), the clams (not drained), seasonings, and eggs. Minced green pepper and onion may be added for more flavor, if desired. Pour into an oiled baking dish and bake in a slow oven (325 degrees) for 30 to 40 minutes, until firm when tested with a knife, and delicately browned on top.—Mrs. C. F. D., Seattle, Washington.

EASY AND GOOD

Grapefruit Salad
*Clam Souffle
Shoestring Potatoes
Zucchini in Tomato Sauce
French Bread Celery
*Prize Brown Betty
Coffee

Second-Day Mashed Potatoes

2 cupfuls of cold mashed potatoes
½ cupful of milk
2 tablespoonfuls of flour
2 eggs, beaten to a froth
Salt and white pepper to taste
Butter—about 1 tablespoonful

Mix all ingredients except the butter together, beating well. Heap into a buttered casserole, smoothing top slightly; spread butter over the top, and bake in a hot oven (400 degrees) about 25 minutes, or until thoroughly heated through and nicely browned over the top. These are so good as to seem intentional, rather than the mere using up of uninteresting leftover potatoes.—Mrs. E. R. W., Dos Rios, California.

THRIFT PERSONIFIED

*Second-Day Mashed Potatoes
Creamed Dried Beef Pickles
Buttered Peas and Carrots
Wholewheat Rolls Cabbage Slaw
Mixed Canned Fruits
Cookies Coffee

Ham Rolls

Select firm lean boiled ham, and have slices cut about ⅛ inch thick. Lay a "bundle" of long refugee beans (cooked and well seasoned) on each slice, then roll and fasten with toothpicks, lay in a flat pan, and heat through in a hot oven (400 degrees) for about 20 minutes. Fresh cooked asparagus, or choice canned asparagus, will be found equally good in this roll. With the salad and ham roll served right on the plate, and a dot of pepper relish for garnish, you have an attractive, simple and exceptionally good tasting luncheon.—Mrs. C. W., Puyallup, Washington.

SUNDAY NIGHT SUPPER

*Ham Rolls Pepper Relish
Hot Buttered Rolls
Dates Stuffed with Roquefort Cheese
Coffee

Cabinet

U. S. PATENT OFFICE

On publication, $1 is paid for every recipe printed. Owing to the great numbers received each month, unused contributions can not be acknowledged or returned. Recipes having a "western flavor" are preferred; contributions from eastern states are not acceptable

Dream Bars

(Illustrated on this page)

I gave a large party last fall, and 26 guests took home this recipe!

Part I

½ cupful of butter
½ cupful of brown sugar
1 cupful of flour

Mix together to a crumbly mass, and pat into a large, flat pan, covering the bottom. Bake in a moderate oven (375 degrees) for 10 minutes. Set aside to cool while preparing.

Part II

2 eggs
1 cupful of brown sugar
1 teaspoonful of vanilla
2 tablespoonfuls of flour
½ teaspoonful of salt
1 teaspoonful of baking powder
1½ cupfuls of cocoanut
1 cupful of chopped nuts

Beat the eggs, vanilla, and sugar together. Mix flour, salt, and baking powder, and sift over the cocoanut and nuts, then add to the egg mixture. Pour onto the baked crust previously prepared, spreading evenly, and bake at 375 degrees for 20 minutes. Cool, and cut into bars. Delicious with fresh fruits and with fruit drinks for summer days.—Mrs. F. H. C., Pacific Palisades, California.

Stuffed Artichoke Salad

A DELIGHTFUL LUNCHEON

*Stuffed Artichoke Salad
Hot Rolls Jelly
*Rhubarb Gelatine Pie
Coffee

Served with hot rolls, a dessert, and coffee, this salad makes a complete luncheon. I use it, too, to fill in the holes in an otherwise skimpy dinner.

Cook 4 medium-sized artichokes in salted water until tender. Drain and cool. Holding each artichoke inverted in the hand, remove heart and center leaves from each, leaving a shell. Cut the tender parts from the removed leaves and mix with 1 small can of tuna or shrimps, shredded (remove black veins first), 2 hard-cooked eggs minced fine, and the hearts of the artichokes, also minced. Moisten with mayonnaise and ½ teaspoonful of A.1. sauce. Fill the artichokes with this mixture, turn right side up, and serve on lettuce with a spoonful of mayonnaise in a tiny lettuce-leaf cup at the side. Serves four.—Mrs W. P. D., Berkeley, California.

Prize Brown Betty

There are Brown Bettys and Brown Bettys, but this one takes first prize in our family. It requires:

½ cupful of butter
2 cupfuls of fine dry bread crumbs
1 quart of apples, sliced thin
¾ cupful of sugar
Cinnamon
3 tablespoonfuls of molasses
¼ cupful of water

Melt the butter, add the bread crumbs and stir together over heat until well mixed. Into a buttered baking dish put first a layer of crumbs, then a layer of sliced apples, and sprinkle with sugar and cinnamon; repeat until all are used. Stir the molasses and water together, and pour over the mixture. Cover the dish, and bake in a moderate oven (375 degrees) for one hour, removing the cover the last 15 minutes to brown. Serve hot or cold, with cream or sauce.—V. A. S., Scott Bar, California.

Rhubarb Gelatine Pie

1 baked pie shell, cold
2½ cupfuls of stewed rhubarb
1 cupful of sugar
½ cupful of cold water
2 tablespoonfuls of granulated gelatine
1 cupful (½ pint) of whipping cream

Heat the stewed rhubarb and the sugar, and pour the hot mixture over the gelatine which has been soaked 5 minutes in the cold water. Stir until thoroughly dissolved. Let the mixture cool, stirring occasionally. When it begins to stiffen, beat well, and fold in the whipped cream. Pour into the baked pastry shell and chill thoroughly before serving.—Mrs. H. W. W., Portland, Oregon.

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This pouring spout converts the Karo can into a handy, sanitary syrup "pitcher"... and protects the syrup against moisture and dust particles. The protective cap fits neatly over the spout. Send your name and address and a label from a 1½ or 3 lb. can of Karo, using the coupon printed below. One of these new Pouring Spouts will be mailed to you postpaid.

Karo Syrups are essentially Dextrins, Maltose and Dextrose, with a small percentage of Sucrose added for flavor — all recommended for ease of digestion and energy value.

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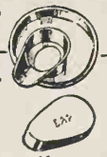

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Enclosed is label from 1½ lb. or 3 lb. Karo can. Please send me pouring spout and cap.

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Now is the Time to "Put Up" Strawberries

by
GLADYS PULLEN BARRADA

STRAWBERRY days are with us—and in what an amazing number of delightful ways we can continue to keep them with us all the year! For in December, alas, even in California, strawberries are likely to be had only at luxury prices if at all. To the alert housekeeper, however, that is merely an incentive to "put up" jars and jars of the delectable fruit.

Select small strawberries rather than big, fat ones. Progressive strawberries are good if you can get them; long and pointed in shape and small to medium in size, they are rich in flavor. If you are really lucky and happen to find some of the newer berries such as the Blakemore, recently introduced by the United

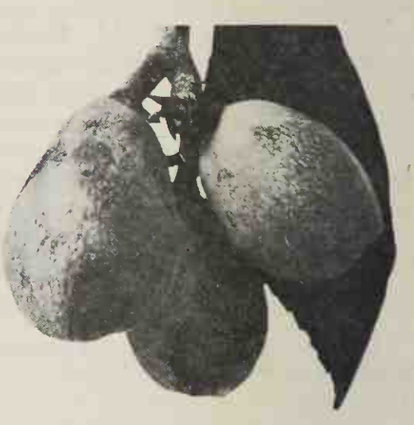
April means strawberries in abundance for preserving and jelly-making in most parts of the West. It means yellow loquats, too, ripening on the ornamental trees, ready to be made into jelly. Photographs courtesy Armstrong Nursery Co.

States Department of Agriculture, you'll have something superb in the way of strawberries for their beautiful red color does not change when they are preserved.

A soft or light-colored berry is not desirable for canning. If you can't decide what type to buy when you see them in the market, get a box of each and take them home and stew with sugar, and you'll quickly be able to tell which is the best berry for your purpose.

The day before you buy the berries, boil some clean white rags and dish towels and hang in the hot sun to dry. Also get your jars ready by washing them in soapy water, rinsing through three hot waters and turning upside down on a rack in the wash boiler, with a few inches of water in it. Be sure there is a rack in the bottom to keep them from cracking. If you are using glass topped jars, put the rubbers on them and the glass lids in place with the first clamp holding them before putting jars in boiler. On canning morning put the wash boiler, with lid on, over the fire and let the jars be sterilizing in the hot steam while you are preparing fruit. Then proceed as follows:

1. Wash berries.
2. Drain them in a colander and hull.
3. Put 8 cupfuls (2 quarts) of berries with ½ cupful of water in a big preserving kettle over the fire and crush while heating fruit, but do not boil.
4. When these berries are a pulp—in about 15 minutes—drain through cheesecloth. (Save pulp and use for jam.)
5. Put juice on fire again with 10 cupfuls (5 pounds) of sugar.
6. When sugar is dissolved and syrup boiling, add 32 cupfuls (8 quarts) of strawberries and bring to a boil again. Boil the ladle, with which you will dip them, right in with them.
7. Turn your washboiler sidewise so that it steams over the burner on the right. Over the center burner set a



three-inch-deep pan with two inches of water and a clean fork in it, and let water boil rapidly.

8. Put lids and clean rags on table at left.
9. Arrange dry newspapers on a table or in wooden boxes to receive the finished jars.
10. When berries have boiled nine minutes, drop a jar lid into the pan of boiling water (if you are using the jars with metal lids) and then, with a cloth around your hand, lift a hot jar from the wash boiler and set it upright in the boiling water. (Be sure to put the cover back on the boiler.)
11. Fill jars to within ¾ inch of top with boiling fruit and wipe top of jar clean with sun-dried rag. (*See page 38*

There IS *a* DIFFERENCE!

CLEANLINESS in manufacturing... quality of ingredients... nourishment... these are so important in spaghetti, macaroni and noodles, yet these products all *look* alike! But there *is* a difference, as you'll soon realize if you try **GLOBE "A1"** Spaghetti, Macaroni and Noodles!

1 **Made in a big, clean, sunflooded modern plant devoted exclusively to the making of GLOBE "A1" paste products.**

2 **100% Semolina product made of hard Durum wheat and extra rich in body-building qualities, energy and nourishment.**

3 **Controlled-drying process insures better cooking qualities. GLOBE "A1" Spaghetti, Macaroni and Noodles are never "mushy."**

4 **Real egg yolks go into GLOBE "A1" Noodles. Just taste that good, rich home-made flavor!**

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GLOBE "A1" PRODUCTS MAKE "A1" COOKS

BUILD UP CHILDREN'S ENERGY MOTHER!

New Type Hot Breakfast aids greatly in renewing daily the energy used in school work or play

How Wheat and Toasted Malt in delicious new hot cereal entice a child to eat energy food instead of dainties at breakfast

WHAT you feed a child at breakfast, science now reveals, may be more important than food given at any other time of day.

America's three leading authorities on diet now reveal that foods more rapidly turn to energy during the active hours when the mind and body are using energy. That foods are stored up in the form of fat, when the body is resting. When it makes no call for an energy supply.

A normal child burns up in a day twice as much energy as does the average grown-up. Dainties at breakfast are not enough to replace this energy. Hence a child *requires* a good substantial breakfast.

There is one hot breakfast food especially developed to produce energy quickly. Within a short time after eating. It is called Malt-O-Meal. It contains nourishing Wheat and toasted Malt, in delightful form.

This new type food supplies a substance that nourishes the muscles. Actually renews them. Fortifies them against a child's endless activity.

Doctors recommend Malt-O-Meal as an energy food in the diets of normal and underweight children or adults, nursing mothers, and during pregnancy and convalescence.

This marvelous food costs less than one half a cent per serving. For one package of Malt-O-Meal cooks up to eleven pounds of food. Cooks in 2 to 3 minutes. Takes no more time to prepare than the coffee.

Adopt this new energy food at once, Mother. See your child respond quickly. With more energy. Lack of this may drain vitality. Start serving Malt-O-Meal promptly. Grocers now have it.

Get it now on special introductory offer that saves you more than one half. See coupon below. Accept at once.

MALT-O-MEAL

Save 14c to 17c on Package of Malt-O-Meal —Pay only 10c with this coupon—at grocer's

Name.....

Address.....

City.....*State*.....

Grocer's Name.....

Address.....

To Retailer: Mail coupons to Campbell Cereal Co. Northfield, Minn. for redemption. This offer expires Sept. 31st, 1934.

Strawberries

(*Continued from page 36*)

12. Slip the *boiled fork* under the lid in the hot water, being careful not to touch the underside of the lid with anything but the tines of the fork, and set it on top of the jar.

13. Adjust clamps and set jar on newspapers to cool. Turn glass topped jars upside down, but not the other kinds.

Any juice left make into jelly. This method of canning strawberries can be used with equal success for all other berries and for cherries. Preparing the syrup with the juice of the fruit gives the pack a darker, richer appearance and flavor.

Strawberries come under the head of fruits deficient in pectin. If you want to make jam or jelly with them you will need to add pectin in some form. The quickest and easiest way is to use the liquid fruit pectin from the grocery store.

STRAWBERRY JAM WITH PECTIN

7 cupfuls of sugar
½ bottle of liquid fruit pectin
4½ cupfuls of cut berries

Use fully ripe berries; cut the big ones in quarters and the smaller ones in halves and measure after cutting, not before. Measure sugar and prepared fruit into a large kettle, stir and bring to a full boil over the hottest fire. Stir all the time it is boiling and boil hard 3 minutes. Remove from fire and stir in liquid pectin. Skim if necessary, and dip the hot fruit at once into glasses. (See instructions below for preparing glasses.) If you have some sweetened juice left over make it into jelly by bringing it to a boil, adding a tablespoonful or so of pectin, boiling half a minute and pouring. Paraffin both jelly and jam at once.

STRAWBERRY JELLY WITH PECTIN

4 cupfuls of juice
7½ cupfuls of sugar
1 bottle of liquid fruit pectin

Use the potato masher to crush the berries to a pulp or put them through the food chopper. Put pulp into doubled cheesecloth, squeeze out the juice and measure and put on to boil with the sugar. Bring to full, rolling boil and add pectin. Bring to boil again and boil hard *exactly* ½ minute. Remove from fire, skim and pour quickly. Paraffin at once.

I like to use small fruit jars rather than glasses for storing jelly, sealing the jars tight as in ordinary canning. The flavor of sealed jelly remains fixed indefinitely while that of jelly in glasses merely covered with paraffin is said to deteriorate after a few months.

STILL *the way to a man's heart . .*

Deliciously prepared food (old fashioned as the idea might seem to be!) is still the way to a man's heart! And, no single food stands a girl in such "good stead" as White Star Tuna. For here is a food delicacy that costs no more than "staple" foods; yet can be easily and quickly prepared in so many, many ways . . *all delicious.*

19 Proven Recipes

Contained in "The Romance of Tuna."

Tuna Loaf (Hot)	Tomato Stuffed with Tuna
Tomato Surprise	Tuna with Noodles
Tuna Encore	Creamed Tuna "a la King"
Moulded Tuna Salad	Peppers Stuffed with Tuna
Tuna Loaf (Chilled)	Tuna Salad in Vegetable Ring
Tuna Croquettes	Toasted Tuna Sandwiches
Tuna Sandwiches	Tuna Baked in Shells
Tuna Timbales	Tuna "a la Newburg"
Tuna Cocktail	Tuna Cosmopolitan Salad

Rolled Tuna Sandwich

Write for your copy of this Free Booklet to the Van Camp Sea Food Co., Inc., Terminal Island, Calif.

STRAWBERRY SUN PRESERVES

Put 2 cupfuls of strawberries over the fire in a saucepan and mash while heating until they are a pulp. Drain through cheesecloth. Heat juice; add 16⅓ cupfuls (4 quarts plus ⅓ cupful) of sugar; bring to boiling; drop in 16 cupfuls (4 quarts) of washed, drained and hulled strawberries; boil for 15 minutes; lift berries out onto platters or shallow baking dishes, pour syrup around them and set platters in hot sun for 3 days, covering them with panes of glass; take in every night. When berries are plump and syrup is thick like molasses, pack in sterile glass jars, and seal. No further sterilization is necessary, with such a high sugar content. Left over syrup may be made into jelly, as directed above.

STRAWBERRY JELLY WITH PLUM OR APPLE JUICE

In case you wish to make strawberry jelly without adding commercial pectins you will have to combine the strawberry juice with some fruit juice rich in pectin, as that of plums or apples. To obtain apple juice, pour 2 cupfuls of water over 4 or 5 cupfuls of finely chopped, unpared apples and cores. The apples must be tart, not mellow. Boil rapidly for 20 minutes; strain through 4 thicknesses of cheesecloth. Put pulp back in the pot, pour another pint of water over it and boil and strain as before, then mix the two extractions.

To obtain plum juice, heat the fruit with a little water while mashing it; boil about 15 minutes, or until it is soft and pulpy, and then strain through cheesecloth.

PREPARATIONS THE DAY BEFORE

Wash jars or glasses (I prefer jars) and put in boiler with lid on to keep them clean.

Wash straining bag in clean, soapy water, rinse through five waters, then boil in clear water and hang in hot sun.

Make all the above preparations the day before you expect to make jelly. On jelly day proceed as follows:

1. Wash strawberries; stem them and put on to heat in acid proof kettle, mashing constantly to break up the cells. Do not boil.

2. Put pulp to drain through closely woven bag while you do your morning's work.

3. Take the jars from the boiler and put them in the oven to sterilize and dry out over a slow heat.

You are now ready to make your jelly. Use proportions given below and multiply for larger quantities—but do not try to make jelly in large "batches."

1 cupful of apple or plum juice
2 tablespoonfuls of lemon juice
1 cupful of strawberry juice
1½ cupfuls of sugar

(*Continued on page 43*

TO KEEP YOUR HOUSE NEW-LOOKING, LONGER

—*use paints that last*

Everyone likes the clean, "new look" of a freshly-painted home. And what a disappointment it is when the paint starts to "go" a few months after it has been put on! Make certain that this will not happen to you. When you paint the outside of your house this summer insist on paints that you know will *last*—*Fuller* Paints. Carefully made, of the best materials, by the west's largest paint manufacturers—Fuller Paints *last*. It's only because that's been demonstrated, over a period of 85 years, that Fuller Paints are today the choice of the west. Sold by leading paint dealers and Fuller Paint Stores throughout the west.

FULLER PURE PREPARED PAINT

Fuller Pure Prepared Paint is the highest-quality, all-purpose exterior "house" paint. It lasts! It is the cheapest protection you can buy at any money. Wide choice of colors.

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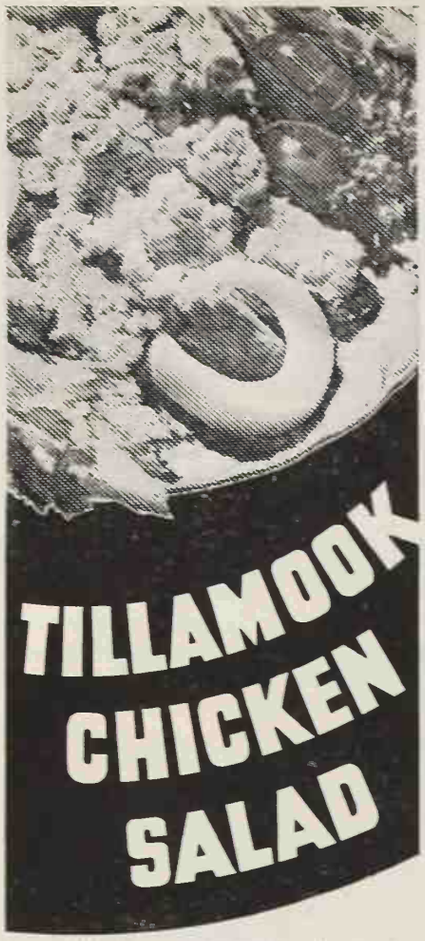

Prepared by INA M. FISHBACK, Salem, Oregon

Hear the Tillamook Dairy Maid announce more prize winners, NBC Woman's Magazine of the Air, Fridays, 11:10 a. m.

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Address _____ Miss

All About Spring Lamb

by BERTHA E. SHAPLEIGH

NOT long ago, I remarked to a friend of mine who knows good food and who has lived in California for some time, that lamb tastes so much better than it used to taste; and without hesitation she replied, "That is because you are living in California and eating California lamb!" As I ride through the country and see the large herds of sheep and lambs, I feel confident there will be enough lamb in the markets to supply the demand!

For over four thousand years lamb has been used as the principal meat food in Asia and Asia Minor. From sacrificial use the lamb became the most used of all animals for food.

Lamb is the young animal; when only six or eight weeks old, it is quartered and these quarters are sold whole. The price is high, but the delicious tender morsels are worth the price. Young lamb is usually roasted and served with fresh mint sauce and green peas.

Older lamb is separated into quarters and the quarters are cut into smaller portions; according to the new standard retail meat cuts adopted by the Pacific Livestock and Meat Institute, the hindquarter is separated into the leg and loin, while the forequarter has the breast, rib chops, shoulder chops and neck, besides the large shoulder itself. A dealer in lamb once told me that he preferred a shoulder or any part of the forequarter, considering it much sweeter in flavor. The objection to the forequarter for a roast is that it is hard to carve into nice slices. It is often boned and rolled, but some of the flavor is lost. The old saying is true, "Nearer the bone, sweeter the meat."

Older lamb, called mutton, or "*mouton*" in French menus, may be roasted or boiled. England has always been famous for her mutton, and we read much of "Boiled Mutton with Caper Sauce." One old book says, "Mutton boiled without Capers, gives me the Vapours!" Caper Sauce is usually served with boiled mutton. The sauce is made like a white sauce, using the broth instead of milk, and capers are added.

I like to suggest that occasionally a leg of lamb be roasted and not carved—not even cut into—until it is cold. It may then be served with hot gravy and vegetables. You will be surprised at the flavor and juiciness of the cold slices, which sometimes look so pink that you almost fear the meat was not sufficiently cooked. Such color shows only that the juices have not escaped.

In choosing lamb, trust your market man to tell you truthfully that the meat has hung for at least three weeks since killing. Lamb may be excellent in flavor but if cooked too soon after killing it will be tough.

A leg weighing between five and six pounds is a good size for a small family. After washing the meat (and I mean washing in water) wipe it dry on a clean towel; cut six gashes about half an inch long, three on upper and three on under side of leg, and into each gash press a slice of garlic, two beans of garlic being sufficient for the entire leg. Rub all over the meat a little thyme, marjoram and rosemary, or any one of these if you do not have all three. Place meat on a rack in the roasting pan, sprinkle salt over the meat, and put a small fresh bay leaf under it. Place meat in a hot oven (500°), and cook until the fat in the pan begins to brown, basting with the fat. Reduce the oven heat to 300°, and if needed to keep meat from browning too quickly, add enough boiling water to cover bottom of pan. Baste with the liquid often, and each time sprinkle a little salt over the meat, in order that both the meat and the liquid to be used for gravy may be well seasoned. It will require two hours of cooking for a leg this size. Remove meat to a platter and make the gravy in the same pan in which the meat was roasted. It may have been necessary to add water several times; if so, the liquid remaining in pan may be thickened with flour mixed until smooth with a little cold water.

Two tablespoons of flour will be about right; do not have the gravy too thick. After adding flour cook the gravy for 15 minutes. Season to taste with salt and pepper, and strain. If there is a large amount of fat, and *no* water was added during cooking, turn off the fat, and return three tablespoonfuls of it to the pan; add three tablespoonfuls of flour and stir until it is browned, then add two cupfuls of boiling water. Season to taste, cook fifteen minutes and strain. The gravy is then ready to be reheated when the cold lamb is served. A cloth wet in boiling water, wrung out until quite dry, placed over the meat when cold, will keep it moist until carved. Of course, the lamb and gravy may be served at once, very hot, but do try preparing it in advance and serving the meat cold, with the hot gravy.

Currant, or any acid jelly may be added to the water with which the lamb is basted, or to the gravy after it is made. The jelly gives a delicious flavor and improves the lamb.

Instead of using the entire leg for roasting, have the butcher cut off slices

from the thick part, one half inch thick. These are lamb steaks, or cutlets of lamb, and are broiled for two or three minutes under the flame or in a hot frying pan. The flavor is improved if the slices stand for an hour in a marinade having a bean of garlic in it. As you know, a "marinade" is a mixture of oil, vinegar, salt, pepper, and, in this case, garlic. Drain steaks from the marinade before cooking.

For a small roast to be served at a "company" dinner, there is no better piece than a "rack" of lamb, that name being given to the loin which is usually cut into chops. If the butcher chops the bone off almost to the eye of the chop, and trims the back bone away, it is an easy roast to carve. Cut between the bones, and each person is served with a thick chop. Thirty to forty minutes in a very hot oven (500°) is sufficient time for this roast. Do not serve thickened gravy; merely use the juices in pan, strained and seasoned. Or serve a fresh mint sauce and currant or plum jelly with it.

As you know, the choicest lamb roasts are a "crown" or a "saddle." The crown is made by using all the *rib* chops on each side of the back bone; the saddle has all of the *loin* chops on each side of the back bone, but not split down the middle. Your butcher will make either roast if you let him know the day before you wish to use the roast. But he may not tell you how each roast should be carved. A crown is cut as described for a "rack of lamb." The saddle is cut in long slices parallel to the back bone, then at right angles to this cut, another is made separating the chops.

As to vegetables to be served with lamb, either potatoes or rice, turnips in some form, and of course green peas are always associated with spring lamb. A pretty combination is to fill turnip cups with buttered peas. The small white turnips are pared, boiled, and have centers removed. Peas are then put into these little cups. Carrot dice, buttered, may be used in place of the peas. New potatoes, left whole, buttered and sprinkled with finely cut mint are also delicious in the spring, and very appetizing.

The forequarter of lamb may be roasted "as is," or boned and rolled; with this a stuffing is good. Or the bones of the leg are left on, and the shoulder blade removed; the boned part is then stuffed and sewed into the shape of a duck, to give the cheap fancy roast "Mock Duck." Wash and scrape the shoulder blade and place it at the rear where a duck's tail would be—and the duck is even more life-like!

The breast of lamb is not used as often as it might be. It is a very inexpensive cut, usually not over ten cents a pound. Roasted and served with fresh vegetables it is very appetizing. The taste is improved, I think, if a small amount of bread stuffing is placed in several gashes made in the breast. Season well, roast

little Red Riding Hood
up to date
Why grandmother, what big ears you have!
The better to hear your sweet voice with, my dear.
And grandmother, what sharp teeth you have.
The better to eat you with my dear.
That's plain silly to eat me when you could be eating those marvelous yummy PUFFED GRAINS. mmm but they're good! You just oughta try 'em!
All right, if they're as good as you say I'll let you go.
And the wolf said those PUFFED GRAINS were the best cereal he'd ever tasted, and he just thanked me and thanked me for telling him about 'em and politely let me go.
My child!

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Just *taste* the new Puffed Grains. How amazingly crisp. How flavory! How *different* from all other cereals. Yet flaky and dainty as Puffed Wheat and Rice are, they're richly nourishing. To induce you to try Puffed Grains we're offering, free, a beautiful Carlton silver-plate teaspoon in the modernistic Mansfield pattern. This graceful spoon is made and guaranteed by the makers of America's finest silverware. To get it fill out instructions in coupon below. The Quaker Oats Company.

The Quaker Oats Co., 525 Market St., San Francisco, Calif. S PC

Enclosed are the tops from 2 packages of Puffed Wheat or Puffed Rice (or one of each), for which please send me the Carlton silver-plate teaspoon free.

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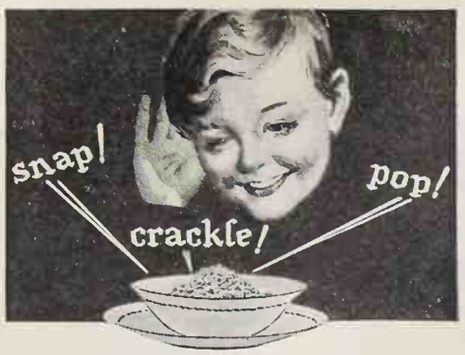

"The more he listens the hungrier he gets"

RICE KRISPIES are a favorite with youngsters everywhere. The way this delicious cereal crackles in milk or cream always tempts the appetite.

Kellogg's Rice Krispies have all the nourishing goodness of toasted rice. Flavor no other rice cereal has.

At grocers in the red-and-green package. Oven-fresh in the WAXTITE wrapper. Made by Kellogg in Battle Creek.

Listen!— NRA WE DO OUR PART

get hungry

in a hot oven (450°) about forty minutes, and serve it on a bed of chopped buttered and seasoned spinach. Or surround it with mounds of buttered turnip cubes, carrot dice, and small white onions boiled and buttered.

There is no better dish than a casserole of lamb, and the forequarter is the piece to buy for it. The neck of lamb makes the best broth; the broth seasoned, with a little milk or cream and a little cooked rice added, and served in cups, is an excellent broth for children, elderly people and invalids.

CASSEROLE OF LAMB

3 lbs. of forequarter of lamb
3 tablespoonfuls of flour
1 teaspoonful of paprika (may be omitted)
2 tablespoonfuls of drippings, oil, or bacon fat
1 small onion, chopped
2 cupfuls of boiling stock (water in which the bones were cooked)
1 cupful of tomatoes, or 2 fresh tomatoes
½ teaspoonful of salt
⅛ teaspoonful of pepper
2 carrots, cut in fine strips
12 small white onions, left whole

Wash and cut lamb into inch pieces, free from bone and fat. Roll these pieces in the flour mixed with paprika. Put bones over the fire with cold water to cover. When drippings, oil, or bacon fat is hot, fry in it the onion, being careful not to burn the onion. Add meat, and stir and cook until meat is browned. Remove the meat to a casserole, and pour over it the boiling stock and the tomatoes. Add salt and pepper, cover casserole and bake in a moderately hot oven (375°) for one hour.

Wash and scrape carrots, and cut into strips, Julienne style. Parboil for 10 minutes. Drain and add to the casserole. Peel and parboil the onions until soft, but not so soft they will lose their shape. Drain from water, and place in a frying pan with one tablespoonful of butter and two tablespoonfuls of sugar. Cook over a low flame until the onions are delicately browned. Season with salt and pepper, and add to casserole fifteen minutes before serving.

Always ask your butcher for any bones which he may have removed from the lamb. These bones make a broth which has a good flavor even if it is not very rich. This broth is so much better to use for gravy or sauces than is water.

It's a good idea

to make book jackets of cellophane. Covers so made are tough and moisture repellent, and the title can always be easily read.

IF HUSBANDS COOKED ★

IF husbands suddenly decided to cook all family meals, we freely admit that they would probably devise some strange dishes. But you can be sure of one thing — there would be a bottle of A. 1. Sauce on every table.

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To Hang up things
Easy to insert Won't mar walls.
6 for 10 cents Ask your dealer.
MOORE PUSH-PIN CO., Philadelphia

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Now—a fireplace that heats every corner of the room and connecting rooms. Provides living comfort in cool Spring and Fall days—cuts heating bills. Only heat required in mild climates and for *summer camps*. Burns any fuel. It is a double-walled metal form around which masonry is easily built. Costs but little more. Write for details. State if for home or camp—new or old fireplace.

Heatilator Co., 554 E. Brighton Avenue, Syracuse, New York

Heatilator Fireplace

Strawberries

(Continued from page 39)

4. Measure sugar into a pan and put it in the oven to heat; stir every little while so it will not brown.

5. Measure apple or plum juice and put it on to boil in a shallow vessel, because all water used to get the juice out of the fruit must be boiled out before the juice will "jell." Boil plum juice about 10 minutes; boil apple juice 15 to 20 minutes or until it is three-fourths its original volume. (Measure by marking depth of juice in pan before starting to boil.) Boil very rapidly. If you have more than one quart, use two pans.

6. Measure plum or apple juice, add cup for cup of strawberry juice and bring to a boil together.

7. Boil for 5 minutes; add the sugar. (Close the oven door on the jars or glasses in the oven after you take out the sugar. The jars must be hot and dry for jelly.)

8. As soon as the syrup boils up after adding sugar, begin to make the test for jelly. If two drops form and do not fall from a cold spoon, or if it will form a solid span between the tines of a fork, it is ready to pour.

9. Set hot jars in boiling water, pour and seal exactly as directed for canning; or, if using glasses, set in boiling water, pour, and cover with paraffin.

It is really wise to make a test glass of jelly before cooking up the entire amount of juice. Put a little in a saucer to cool; when cold, if it is tough you have used too little sugar; increase sugar to 7/8 cupful to each cupful of juice. If jelly is too soft, reduce amount of sugar or add lemon juice—2 tablespoonfuls to each cupful of juice. Never make more than one extraction from berries. Use the pulp to make jam.

And here's a postscript for you who have a loquat tree or two in your yard. The easiest way to make loquat jelly is to follow the recipe that is given in the booklet of directions for using liquid fruit pectin. Here is another well-tried recipe for it.

LOQUAT JELLY

Wash, take seeds out, chop fruit up fine and put in kettle with water sufficient to cover. Bring to boil and boil until tender. Some experts boil it several hours. Strain juice off through fine strainer or one thickness of cheesecloth. Put juice over fire in large preserving kettle; boil for fifteen minutes, then add 3/4 cupful of sugar to every cupful of juice. Let boil up and test for jelly with the fork test as directed for strawberry jelly. Pour jelly into hot, dry, sterilized glasses and paraffin when cool. Store in a cool dark place.

Don't Forget

Be sure to get a package of Snow Flakes—the light, flaky soda wafers you like with fruit or milk. They're in the red package, you know—and they're *oven-fresh!*

Each package has a wax wrapping, inside and outside, to keep out moisture and keep *in* the delicious true wheat flavor. Besides that, Snow Flakes are sure to be oven-fresh because there's a Uneeda Bakers bakery near-by. (It's just a little distance from oven to grocery store. And that counts!)

You'll find the thrifty family-size package of Snow Flakes a real 1934 value—at your grocers.

Don't ask for crackers—say

SNOW FLAKES

NATIONAL BISCUIT COMPANY

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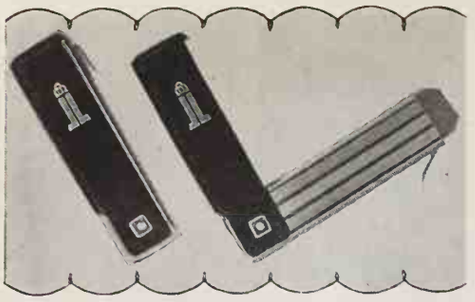

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Beauty · Personality Style · *by* BARBARA LENOX

REMOVING OUR HANDICAPS

ARE you ill at ease in meeting people? Do you dread being left alone at parties? Self-conscious? A recent questionnaire covering a large group of women brought out the fact that many of us are concerned with the problem of being able to meet strangers gracefully, graciously. In these competitive times, we are all aware of how much may be gained or lost in that first important contact with other human beings, and how helpful it is to be able to win the approval of others. And after all, why be dull and unattractive, when you can just as well have a rich, magnetic personality? You can be so charming that others will like you instantly, feel at ease, happy in your presence; but like anything else worth while, it requires effort.

The first task is to win your own approval because obviously it is difficult to convince others that you are charming if you do not believe it yourself. This does not mean conceit which is, after all, only a camouflage for an inferiority complex, but simply an honest belief in your capacity to learn, to improve. When you really believe in yourself self-consciousness disappears because you are no longer concerned with yourself. You put your mind on others, you become natural, which is the very keynote of charm.

These faces are exactly alike, showing how two types may be developed by use of accessories and hair arrangement. Notice how emphasis on round lines makes one's face look rounder

To help you arrive at the point where you have poise and graciousness, let us get right down to bedrock and discover what your estimate of yourself rests upon. If there is something that is making you self-conscious, let us remove it. I wish I could condense charm into a little pill for you, something that you could take, and a few hours later, you would have poise, and charm, but it isn't like that. Charm has to grow in so many ways. Charm means effort. Effort in finding your handicaps, and in removing them. No one can do this for you, and all I can do is to make suggestions that may start you in the right direction. But isn't it fun, this business of building a personality? How much better than being an echo of someone else!

Often the very tall, or very short, or overweight persons develop an exaggerated sense of their handicap. Tall girls become embarrassed when meeting short men, sometimes even doubling themselves up like question marks in an effort to appear shorter. While you cannot actually shorten your height, you can make yourself appear shorter by a careful study of line and color. Take the space from the top of your head to your feet for instance: you can cut this in two by wearing a jacket and skirt in contrasting color, or a tunic if you prefer. Anything with a horizontal line will make you appear shorter as you will see if you will make a few experiments.

It is a mistake to sacrifice posture in order to shorten your height. Good carriage is an expression of a poised and expanding personality. Did you ever notice on the stage how a weakling, a failure is always shown in the role of a stooped, shifting figure? If you want to impress others favorably hold your head high, not with arrogance or conceit, but with the joy of knowing that you are a distinct personality with endless possibilities for expressing charm.

Perhaps you are short and topheavy, and you long to look smart, slender, youthful. Try wearing clothes with simple unbroken lines, a coat dress for instance in a dark shade with hat and accessories to match. Strong bright shades enlarge, while dark soft shades slenderize. There are many other types, and each one can be dramatized through line and color. And how sadly we need it! Have you ever noticed in public places how few women are becomingly dressed? Often the woman with three gowns is better dressed than the woman with fifty, so it is not a matter of expense but of intelligent selection. And that applies to undergarments too. The consciousness of a soiled shoulder strap, or ill fitting foundation garments often

brings a tense expression to the face that blocks the way for charm.

Then there is the matter of odors. Did you ever go into a stuffy room, and notice that in a very short time, you became accustomed to the stuffiness? Our sense of smell sometimes tricks us, so let's take every precaution against unpleasant odors. A daily bath made luxurious by a scented water softener is indispensable, but in addition do carry with you and use frequently, one of those convenient compact deodorants. It will not take any more room in your bag than a lipstick, and it will save you many an embarrassing moment. So often business men have urged me to write about deodorants and unclean nails so that their employees might benefit. Perhaps males have a particular aversion for these two details, but in any case let's add a deodorant to our beauty tools, and keep our nails immaculate and glistening with polish that compliments our personality.

AN OLD BEAUTY SECRET

The power of pleasing odors to make us charming and glamorous is a beauty secret that interesting women have used since the beginning of time. Unfortunately the art of using perfume to dramatize our personalities is something that has been sadly neglected, and what a charm opportunity we have in perfume!

A beautiful fragrance is an appeal to the esthetic. It can exhilarate you for perfume has a tonic effect on the nerves, and on your mind and imagination. There is a perfume that brings you the fragrance of the out-of-doors—it has the freshness of wet woods at dawn, or a meadow at twilight. There is another that is daring, and lends a positive captivating quality to your personality, and there's a fascinating legend about another concerning a young Mandarin whose bride grew ill with a strange malady, and as she became weaker she murmured a last wish —to hold a Lotus, sacred flower of Buddha, and symbol of eternal beauty. But, says the legend, it was winter and no Lotus bloomed, so the young Mandarin ordered a Lotus carved out of gold, and he himself set about preparing a perfume. Although the fair one had ceased to breathe, when the magical beauty and the mystic fragrance of the Lotus touched her lips, she breathed again. And so if perfume may bring love back to life in this charming legend, may it not do so again and again—such is the magical charm of the golden Lotus, which you will find in some of our modern perfumes.

Do you know how to select a perfume so that others will be more aware of your charm than of the lovely fragrance? To do that you must know your type. Are you the graceful, feminine type—do you look well in ruffles and pastel tones? Or are you the intel-

JANE FROMAN

Lovely Singer of 7 Star Radio Revue and Ziegfeld Follies

tells why 50¢ Lipstick is offered to you for 10¢

"AT FIRST", writes Jane Froman, "I was skeptical that such a fine lipstick could be obtained for only 10¢. Then I learned why this amazing offer is being made by the makers of LINIT—to introduce the remarkable LINIT Beauty Bath to those who had not already experienced its *instant* results in making the skin so soft and smooth. I bought some LINIT; enjoyed the sensation of a rich, cream-like bath; and sent for a lipstick. When it came, I was no longer dubious, but now carry it with me everywhere. I could not wish for a better lipstick."

Just send a top of a LINIT package and 10¢ (wrapping and postage charges) for EACH lipstick desired, filling out the handy coupon printed below.

THIS OFFER good in U. S. A. only and expires Sept. 1, 1934

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LINIT *is sold by grocers and department stores.*

CORN PRODUCTS REFINING COMPANY, Dept. SM-4,
P. O. Box 171, Trinity Station, New York City

Please send me.....lipstick(s). Shade(s) as checked below. I enclose.....¢ and.....LINIT package tops.

☐ Light ☐ Medium ☐ Dark

Name .....

Address .....

City ..... *State* .....

Be Charming

A BOOKLET
"The Smart Point of View"
WITHOUT COST

MARGERY WILSON *America's authority on Charm. Personal adviser to eminent women of society, screen and business.*

A Finishing School at Home

Just what impression *do* you make? Grade yourself with Margery Wilson's "Charm-Test". This interesting self-analysis chart will be sent on request, with the booklet, "The Smart point of View"—to acquaint you with the effectiveness of Margery Wilson's personalized training by correspondence. In your own home, under the sympathetic guidance of this distinguished teacher, you learn exquisite self-expression—how to talk, walk, how to project your personality effectively—to enhance your appeal. Margery Wilson makes tangible the elusive elements of Charm and gives you poise, conversational ease, charming manners, finish, grace—the smart point of view.

To receive the Booklet and the "Charm-Test" write to

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1148 FIFTH AVENUE, 70D NEW YORK, N. Y.

For Baby's Tender Skin
Cuticura Talcum
Medicated and pure, it prevents chafing and assures Baby's comfort.
Price 25c. Sample free.
***Address:* "Cuticura," Dept. 11K, Malden, Mass.**

When applying nail polish you will find it easier to begin with the little finger instead of the thumb.

Makes Your Skin As SMOOTH As a Baby's!
Colonial Dames
BEAUTIFIER
To protect your skin and give a perfect make-up . . . use . . .
Colonial Dames
BEAUTIFIER

This unusual powder base **beautifies** the skin NATURALLY because it refines the pores and protects the skin from sun, wind and dust. It provides a flattering velvety base to which your powder and rouge adhere perfectly.

DRAMATIZE your beauty with this marvelous wholesome product of early Colonial days. It takes years from your age and adds glamour and attractiveness to your beauty almost like magic!

Colonial Dames Beautifier is endorsed by Barbara Lenox

At all better dealers, or write—

Colonial Dames Co. **Hollywood, Calif.**

lectual type, or perhaps the artistic? I have a fascinating leaflet on types, and a very romantic one on perfumes, which will be helpful to any one who wants to acquire charm, and who doesn't? A stamped self-addressed envelope is all that is necessary to obtain this. I also have some suggestions for correcting gray hair in case you're interested.

Now let us make a practical application of what we have learned so far. Imagine that you are invited to an important party where most of the people will be strange to you. You will want to wear a costume that dramatizes your best points, and subordinates your bad ones. You will want to have sinless teeth, and hair, and all twenty nails. You must protect yourself from every possibility of awkwardness. And now, how is your attitude toward others? Do you feel shy and small before important people? Did you ever realize that they have probably felt shy and small, and if they have overcome it and seem assured, then that should prove that you also can overcome your self-consciousness. After all, we are just a group of human beings wearing different labels, and different costumes, and no matter how austere or important persons may be, you may feel sure that just beneath the polished surface, they are just sensitive human beings, finding protection in aloofness or superiority, or sometimes like a cactus, they put out stickers to fend off intruders. Never let such a person disturb your poise. Usually the sharper the barb the more tender the marrow.

Remember that others put the same interpretation on us that we put on ourselves. They take their cue from us. No one can control the smoothness of her life from without, but we can control our reactions to anything that happens to us. This is poise. Does this help you, and do you like it? I'd love to have your reactions. Your letters are welcomed!

Better Beds for Western Homes

(Continued from page 18)

than I can describe them here. You probably wouldn't read that technical discussion, anyway!

There is one grand recent development in mattress building—the tuftless innerspring mattress is now an unqualified success! I can speak with authority on this subject, for I have not only seen them made, but I have been sleeping on one of them for several months. It's a grand bed, just as comfortable and luxurious feeling as it looks—and that is saying a great deal, for that smooth top makes a marvelous-looking bed.

I said the tuftless mattress is a recent development. Don't let that word "recent" make you at all dubious, for tuftless mattresses have been very definitely in the market here in the West for the past five years. As a matter of fact, they have been selling here ever since 1915, but until recently the price was very high. Now they are within reach of all of us. It is reassuring to know that the tuftless mattress has been thoroughly tested in western homes, and that it is found actually to improve with use!

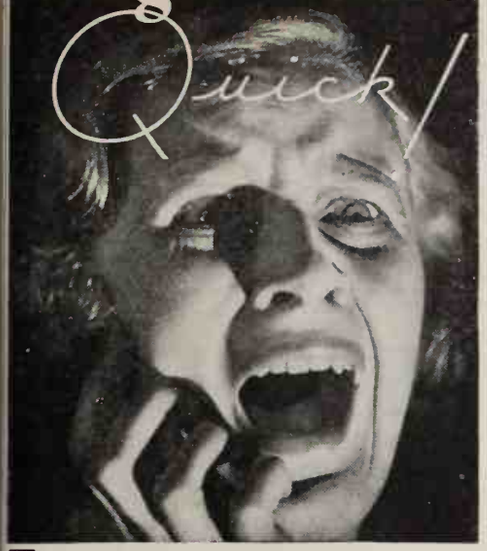
Before you settle on a low-price innerspring mattress in preference to a more expensive one, stop to consider the relative life times of the two. Mattress manufacturers naturally make innerspring as well as springless mattresses to sell at various prices, and they admit frankly that the lower priced ones will not hold up for as many years of thorough satisfaction as their better mattresses will give. You can count on anywhere from seven to fifteen or more years of use from a well-made innerspring mattress—so divide the original cost by the years of service you expect from it, and you will have a different conception of the original cost.

Both mattress manufacturers and mattress salesmen wisely urge that the innerspring mattress be reversed end for end once a week, in order to equalize the wear on it. In turning, be careful not to fold or roll the mattress in such a way as to break the springs that have been put in with so much care. Better get someone to help you with the turning. In moving, see that the workmen do not roll up these mattresses, as they are prone to do.

I asked salesmen in the bedding departments of several large department stores what information they would particularly like to have me pass along to prospective buyers. "Tell them that the innerspring mattress must be used on springs," they urged unanimously. "And do tell them," one young man added, "not to put the new mattress on top of the old one, with the mistaken idea of 'saving' the new one." Don't, for anything, be guilty of using a good new mattress on a broken spring.

That matter of springs is of vital importance. Coil springs, either open or box type, are practically the only kind sold now. (Remember the old woven-wire type? They served as a sort of hammock for the mattress, but scarcely

Unguentine



The first thought in

Burns!

Don't lose a minute. Apply Unguentine at once. Stop the unbearable agony; soothe and protect the seared area from the air. Prevent infection, festering and a life-long scar.

Buy *Unguentine* now. *You'll never forgive yourself if you haven't got it handy when you need it....* for burns, cuts, sunburn, or skin infections. At all drug stores.

Next Month:

BEAUTY AIDS FOR THE TRAVELER

New fashions and beauty aids suitable for traveling whether it's a week end or around the world. Unusual facts about hair, perfume and other items of interest to the beauty-conscious woman.

WHY HAVE GRAY HAIR OR DANDRUFF?

Marvelous, Positively Safe Liquid Works Like Magic!

You, too, can have gloriously beautiful hair, free from GRAY and DANDRUFF.

Don't lose your job or social position due to these handicaps. Try the truly wonderful DOUBLE-ACTING liquid-Nourishine for Gray Hair and Dandruff.

Nourishine is applied like a tonic—so easy to use. You get SAFE and POSITIVE results. Your hair will become soft, lustrous, with a natural appearing color that defies detection. Nourishine is absolutely non-injurious to hair or scalp—is positively beneficial.

"Nourishine's tonic-like qualities make it the BEST hair preparation," every user enthusiastically says this about Nourishine.

No matter what you have tried for gray hair or dandruff, forget past disappointments and try this absolutely different liquid. It is not greasy—does not rub off nor stain scalp or linen. The one liquid imparts any color. You can easily prove it best for gray hair and dandruff. Try Nourishine now!

For better results use NOURISHINE SHAMPOO. Contains no acids that hinder the action of Nourishine.

Write for our free booklet, "Home Care of the Hair." Contains helpful hints on the home care of permanents, marcels, oily and dry scalp, describes coloring methods, etc.

Nourishine, $1.25; Shampoo, 50c, at drug and department stores or by mail, except in California, from NOURISHINE COMPANY, 939 S. Broadway, Los Angeles.

NRA

WE DO OUR PART

NOURISHINE BEST FOR GRAY HAIR

deserved to be called springs.) Good box springs are certainly to be preferred, from the standpoint of cleanliness if there were no other reasons for their popularity—which there are. The neat, tailored appearance of these springs, their quietness, their deep soft but firm resilience with no side-sway nor sagging, all argue in favor of the box springs. Whatever type you buy, don't get a cheap one, for "cheap" beds are a snare and a delusion, and invariably prove more expensive than the best.

A word as to dimensions. The double bed is the most comfortable size for any individual. And here's a suggestion: if you are in need of a new bedstead, how about buying a double bed to match exactly a good one that you already have? Then, if you are ever so fortunate as to have a very large bedroom, you can use the two double beds as twins, giving a very nice effect, and at least twice the comfort for each person that an ordinary twin-size bed ever gives. I know a delightful home in Carmel where two full-size spool beds are used in the main bedroom. It is a charming and practical idea. It is, of course, not always practicable to provide a double bed for each person in the household. If you are buying twin beds, see that they are full twin size, taking a 37-inch mattress.

I haven't space here to talk about the pillows, except to say don't make the sad mistake of buying cheap, bunchy, uncomfortable ones filled with poor feathers; or about the sheets, except to say you'll be sorry if you buy them in any shorter lengths than 108-inch; or about the blankets, except to say that it is wise economy to buy big, soft, fleecy, all-wool "named varieties." We shall have to leave those important and fascinating subjects for another day.

The "moderne" trend in furnishings has invaded the bedrooms of western homes in earnest. Certainly in these strictly personal and private rooms one may carry out decorating schemes that seem a bit too daring or unconventional for the living rooms. You may even like to design or build your own beds, so far as the framework to support the springs and mattress is concerned. But do, I beg of you, in the interest of your health and disposition, invest in very best sleeping equipment you can find in your city.

It's a good idea.

to rub your chromium plated and nickel plated faucets and kitchen equipment with newspaper until dry.

IN THE GRILL

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RUBINOFF

and his violin

continuously directing his new

Roosevelt Dance Orchestra

Dinner 7 to 9:30 p. m. Supper 10:30 to closing

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A UNITED HOTEL

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That Your Garden May Be Beautiful This Summer Through

Keep the gay, colorful freshness of early spring around your home throughout the summer by providing NOW the plant food essential to achieve that gladdening and gorgeous prospect.

AMMONIATED

CALA-BONE

BONE MEAL

stimulates sturdy growth of grass, flowers, shrubs, and bulbs. It brings long-lasting nourishment to the growing things that otherwise deplete the soil. Moreover, Cala-Bone is clean and odorless, and it is safe—no danger of "burning" from liberal application. Then too, it's inexpensive; the small cost will repay you manyfold in gratifying results.

Remember, neither hoe nor hose can restore a starved garden. Our leaflet tells the story — tersely.

Pacific Bone Coal & Fertilizing Co.
405 Montgomery St., San Francisco

☐ Send me free sample and illustrated leaflet: "For Luxuriant Lawns and Gorgeous Gardens."

..... (NAME)

..... (STREET OR BOX NO.)

..... (POST OFFICE)

..... (NAME OF MY SEED OR GARDEN STORE OR NURSERY)

Clip this coupon and mail to: GARDEN DEPT.
Pacific Bone Coal & Fertilizing Co.
405 Montgomery St., San Francisco, Calif.

This Month in Your Garden

Written especially *by* MARIE OLSSON for the Bay Region

SET aside the first week in April for planting dahlia tubers. It is worth knowing that dahlias should, if possible, be planted on a slight slope, so that we can look up into their smiling faces. A slope provides the necessary drainage, too. Give your dahlias a location that gets the full morning sun but only a part of the afternoon sunshine, for on very warm days delicate varieties are likely to scorch.

To prepare the dahlia bed, spade the soil to the depth of a foot, rake over, and remove all stones or weeds. Next place stakes where you are to plant the tubers —stakes about three feet tall are very satisfactory. Leave about three feet between each two stakes, for when planted at this distance, the dahlia plants tend to support each other. In front of each stake dig a hole about eight inches deep, fill in for about four inches with a mixture of sand and good garden loam, lay the tuber on top of this, and then cover with the same mixture of soil. Leave an inch basin on the top in which water will collect. Water immediately after planting to pack the soil and to start immediate growth. Do not water them again until they are above the ground when frequent cultivation should commence. So far as varieties are concerned, there is a wide selection from which to choose. Send for all of the catalogues offered by Sunset dahlia advertisers to aid you in making suitable selections.

THREE VARIETIES OF DAPHNE

Spindly and leggy shrubs should be removed from border plantings early this month and new ones purchased to take their places. Great improvements have been made over old varieties, which is an excellent reason for replacing poor ones.

The daphnes are an interesting group of plants. The common *Daphne odora* has pink and white flowers, variegated leaves, and thrives in a sunny, warm location where the soil is not too rich. For the rockery, there is *D. cneorum*, known also as rock daphne and garland flower; it grows less than 12 inches tall, has rose-pink flowers, and blooms from early spring to summer. While most of us prefer evergreens in our gardens, we should not be prejudiced against the beautiful deciduous subjects we have in California. The deciduous daphne is *D. mezerium*. The flowers are rosy violet in color and they open before the foliage appears. The grandest thing about this plant is that after the delicate flowers have dropped, beautiful red berries replace them. This variety thrives in ordinary soil and grows about four or five feet tall.

PLAN FOR A CUTTING GARDEN

Prepare beds and borders for small plants immediately. Although seedlings may not be large enough to set out into the garden just yet, the soil should be made ready for them. Turn it over, adding peat moss and fertilizer. Plan for a "cutting bed" this year—a location where you can grow varieties for use in your home or to send to friends. You may screen this area from the rest of the garden with flowering shrubs or climbing roses if you wish, but that really is not essential in a small garden. Many interesting color combinations can be worked out in such a plot—it will be a real test of your artistic abilities. Plant varieties to harmonize in type and in color with the rooms of your house, and select varieties so that combinations of two or three kinds will produce a pleasing effect. Among my favorite bouquets are French marigolds with blue ageratum, godetias in a dark bowl, snapdragons in varied colors, and lavender stocks with pink rose buds. You may plant seed of most annuals now—and if you will wait until late this month, you will be perfectly safe in sowing them in the open ground.

PLANT GLADIOLUS NOW

Plant gladiolus bulbs this month and enjoy their exquisite blooms all through the summer. In the border, a group of eight or ten bulbs of one variety makes a fine show, and try a few pink gladiolus in combination with blue delphiniums. At a garden club exhibit last summer, one of the outstanding displays was a basket of sprays of *Spirea Vanhouttei* with cut "glads" in salmon and rose tones.

Cultivate, weed, and renovate the rock garden this month. The sooner you do this work, the better, for the roots of these tiny plants are anxious to receive the first rays of summer sunshine. After a thorough renovating, your rockery will cause you little trouble. Keep the weeds out and water the plants once or twice a week as the rains cease and the earth becomes drier.

Order a flat of tuberous begonia seedlings this month. These have been started from seed sown in winter and will bloom from summer until late fall. They may then be dug and the tiny tubers stored for years of future bloom. One of our SUNSET readers has a rockery on a hillside planted entirely in trailing

begonias. They have been "in use" for five years and each year flower more abundantly than the preceding year.

If your fruit trees are to feed you, they must be fed early this month. Cultivate them around the roots to a depth of at least a foot, incorporating a well-balanced commercial fertilizer according to directions for tree-feeding furnished by the makers.

Clean the lawn of weeds, fill in the holes with rich soil, and seed over the bare spots.

BUILD A LILY POOL

It isn't too late to build a lily pool! We have just acquired a new leaflet on the subject, called "Concrete Lily Pools and Outdoor Aquariums," which we shall be happy to send you for a three-cent stamp. It is illustrated with practical details which even amateurs may follow with ease.

FLOWER SHOWS THIS MONTH

An outstanding western flower show this month is the California Spring Garden Show, to be held on April 25, 26, 27, 28 and 29, in the Oakland Exposition Building of that city.

On April 11, the San Francisco Garden Club will hold its spring garden show at the Fairmont Hotel. Admission, one dollar. Special attention will be given to the art of flower arrangement.

The Garden Section of the Rockridge Women's Club will hold their annual exhibit on April 17th at the Club House on Keith Avenue, Oakland.

At Minert's Station in the Ignacio Valley, the Mt. Diablo Parent-Teachers Council will hold their annual flower festival on April 21st, from noon until 10 P. M.

The California Garden Club Federation will hold its annual meeting this year at Sacramento. The dates are April 20, 21 and 22.

On April 21st and 22nd, in the Sacramento Memorial Auditorium, will be staged the Annual Sacramento County Spring Flower Show.

Be sure to attend the free Tulip Show at the California Nursery Co., Niles, March 30 to April 8.

The spring flower show of Woodland will be held April 20 and 21. The Stockton show is April 21 and 22.

The tenth annual flower show held under the auspices of the Marin County Federation of Women's Clubs will be held on April 25 in Fairfax Park Pavilion, Fairfax. This is one of the most artistic flower festivals of the Bay Region. Bizarre and unnatural exhibits have been eliminated so that exhibits are judged on the merit of quality and arrangement.

Each spring Mr. and Mrs. W. H. Moore of Cherryland, Hayward, California, have a flower show in their own garden. This year, they extend a special invitation to all SUNSET readers to visit their beautiful outdoor living room.

NEW NICOTINE-OIL BASE SPRAY

KILLS MORE GARDEN PESTS

Quicker—

YET IS HARMLESS TO PLANTS

ACTUAL TESTS have proved that Union Garden Spray kills *more* aphids, mealy bugs, red spider, scale, thrips, white flies, etc.

Two Sprays in One

It contains not only the highly effective Nicotine Sulphate, but also a special oil spray—in addition to other active ingredients which kill pests not affected by many sprays.

Easier to Use

You simply mix Union Garden Spray with water and it's ready to use. The soap spreader is already added. It makes a fine, atomized spray which covers instantly and completely. Sure death to garden pests, yet *harmless* to plants.

8 Ounce Bottle . . **50c** (makes 8 gallons of spray)
Special Union Garden Sprayer **60c**

Get Union Garden Spray Today at . . .

SAN FRANCISCO . . . The Emporium . . . Owl Drug Stores
OAKLAND . . . Whitthorne & Swan . . . Owl Drug Stores
SACRAMENTO . . . Orchard Supply Co.
FRESNO . . . Hobbs-Parsons Co.
—also for sale by other stores and all **Union Service Stations, Inc.**

UNION GARDEN SPRAY

A GUARANTEED PRODUCT OF THE UNION OIL COMPANY

How I Grow Chrysanthemums

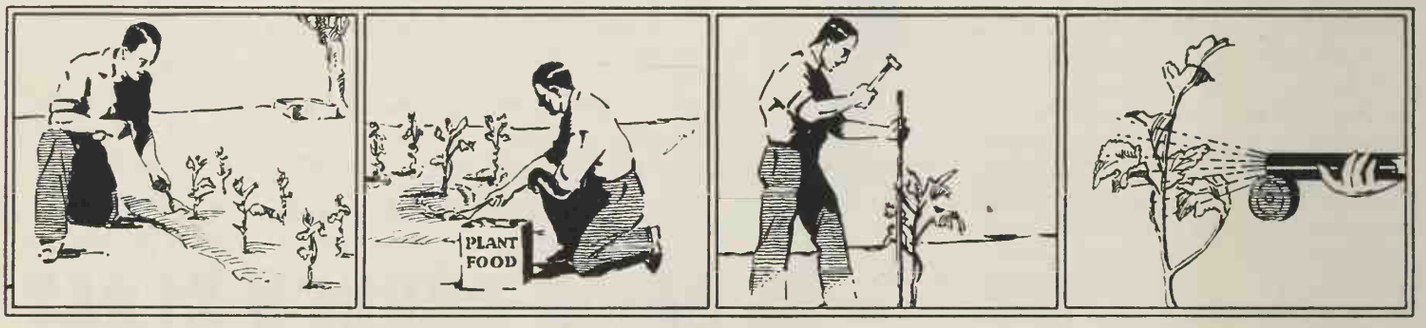
A Garden Movie by Mrs. J. H. Meyer Jr., Berkeley, California

1. It is getting a bit late to start chrysanthemums from cuttings, but, nevertheless, I am passing along my method of growing this flower. The rules for feeding and disbudding the plant can be followed this year and the instructions for taking cuttings set aside for future use. Study illustrations carefully!

2. In late February or early March I start my cuttings. My method is to cut off soft tips from the new shoots of last year's plants. Or, these may be purchased from a nurseryman. Cuttings should be five or six inches long. Remove the bottom leaves and pinch off half of each of the top leaves.

3. Start the cuttings in coarse sand, using special boxes. Place the cuttings far enough apart to allow for transplanting. In mild climates, cuttings may be started directly in the garden in sandy soil. When this is done, be sure to protect plants from direct sunlight, or plant in a partially shaded situation.

4. Water plants freely, particularly when cuttings are rooting. Damage done by lack of water when plants are young cannot be repaired later. Some gardeners advise watering with soapy water. It may be necessary to spray the seedlings for aphis, in which case use a mild nicotine sulphate solution.

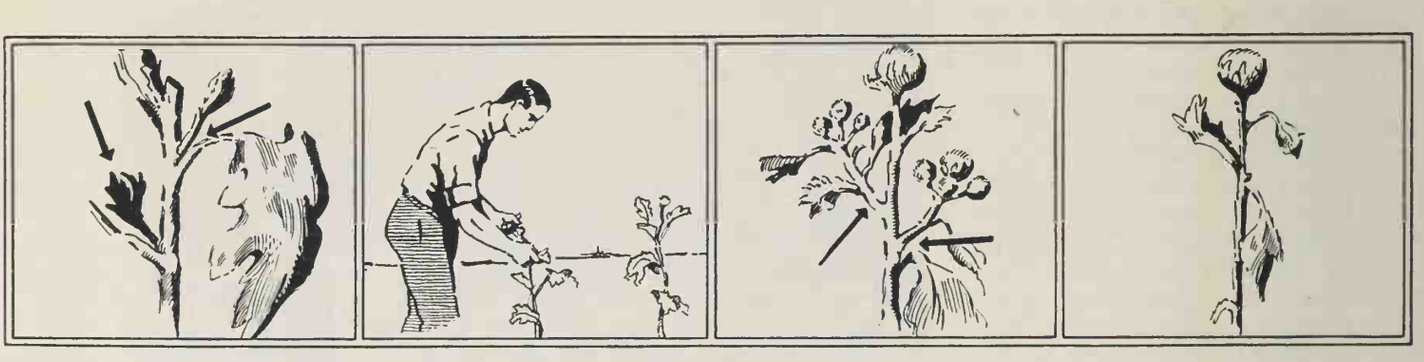


5. About the first of May transplant rooted cuttings into permanent beds in a sunny location. Plant with top roots an inch or two beneath the surface and far enough apart to allow for cultivation. Heavy soil, even adobe, is fine but chrysanthemums will grow in almost any soil in the West.

6. Chrysanthemums are heavy feeders and should be fertilized during the growing season to encourage disease-resisting plants. In using any of the commercial fertilizers, be sure not to let them come in contact with roots or stems. Always follow directions given on the container and you will be safe.

7. Plants should be staked before they grow too tall, to protect them from the wind. I use five-foot stakes and tie once to the main stem. Particular tying is necessary where the plants have been pinched back to produce more than one blossom. In this case, tie each branch carefully to the stake.

8. Watch our for insect pests. Water with full force of the hose to wash off red spiders. An all-round garden spray should be used frequently for aphis and other pests. The ready-prepared sprays are easiest to use. Follow directions given on the container of spray material for best results.



9. When only one large blossom to each plant is desired, carefully remove all side shoots from the main stem as they develop. Do not allow any off-shoots or suckers to grow; remove them so that all of the strength goes to the main stem. Study the arrows shown here, showing just what to remove

10. If two or more blossoms to each plant are desired, pinch out the tip of each plant when about six inches tall. Allow to develop as many branches as blossoms are desired, removing others. Give each remaining branch the same care as is given plants producing but one blossom. Study illustration.

11. In September choose the finest bud at the top of each branch. This is usually the center bud. When buds are about the size of a pea, remove all other buds. As buds begin to show color, discontinue fertilizing; also discontinue watering from overhead, and carefully irrigate the plants instead.

12. If plants have had sufficient care and plenty of water during growth, the buds will develop into large, showy blossoms. After the blossoming season is over, trim back the plants but leave them in the ground to produce shoots for next season's cuttings. Yours for better flowers.—Mrs. J.H.M.

Garden Club Federation

(*Continued from page 14*)

•

a diversified one, and it is moving forward consistently. The strength of this organization has been welcomed by such other groups as the California Council for the Protection of Roadside Beauty, for instance. The Federation is actively behind the effort to rid our highways of unsightly billboards, and the effect of this work is being increasingly felt.

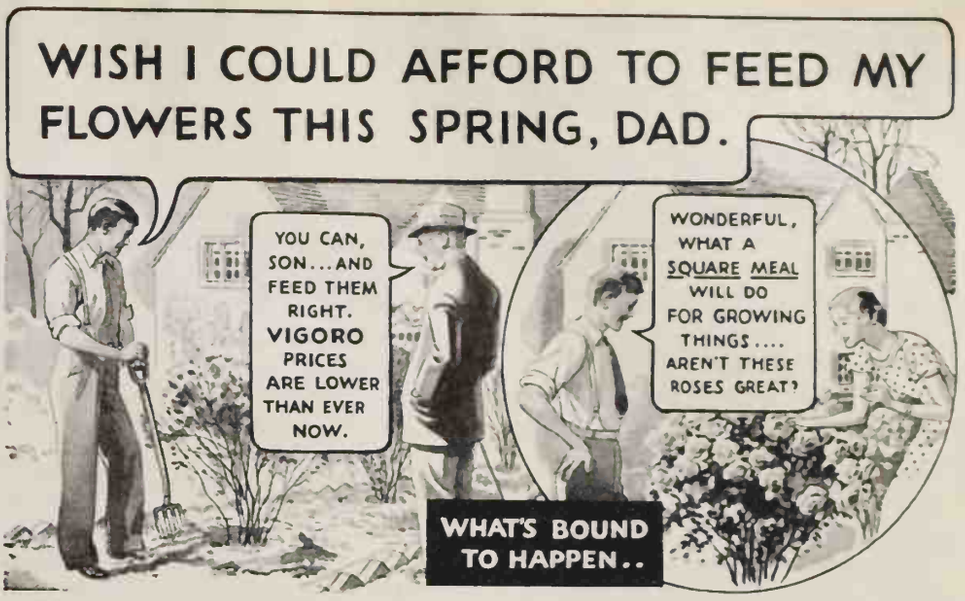
The Federation is sponsoring the idea of a State Landscape Engineer, a technically trained person who will have charge of the work done toward beautifying our highways, and taking care of our public beauty spots. It is backing up all legislation and enforcement of such legislation as pertains to the protection of our native plants and wild flowers, and the preservation of our birds.

An endowment fund is being established to further plant research in California horticulture. Genuine recognition of the Federation's efforts along this line has come, recently, through the turning over of the seeds gathered by Dr. Joseph F. Rock on the expedition to the China-Tibet border, to be distributed by the Federation to persons qualified to propagate the seeds and to keep accurate records of their performance under our conditions. In making this move, Dr. T. H. Goodspeed, curator of the University Botanical Garden that sponsored the expedition, gives ample proof of the esteem and confidence he holds for this organization.

One of the most valuable things the Federation has done, from the standpoint of individual clubs, was the training course for flower show judging. This year, when the course was offered for the second time, something new was added in the form of a course for garden judging. Flower shows being one of the major activities of most clubs, the problem of securing competent judges has amounted to a veritable bugaboo.

There is, of course, a program and speakers bureau, to which member clubs have access and various kinds of assistance provided for harassed program chairmen; there is a pilgrimage committee which functions to obtain permits for clubs desiring to see our finest gardens; and there is a lending library wherein are found many unusual garden books and an exchange list of some thirty-two horticultural magazines, including the best from England, Italy and South Africa, available to clubs and their members.

The Federation, besides its excellent monthly magazine, "Golden Gardens,"


WISH I COULD AFFORD TO FEED MY FLOWERS THIS SPRING, DAD.
YOU CAN, SON... AND FEED THEM RIGHT. VIGORO PRICES ARE LOWER THAN EVER NOW.
WONDERFUL, WHAT A SQUARE MEAL WILL DO FOR GROWING THINGS.... AREN'T THESE ROSES GREAT?
WHAT'S BOUND TO HAPPEN..

Vivid, luxuriant flowers on strong stems . . . to surround your home with beauty all summer long. Your garden can't give them to you if it's *half-starved*. Don't risk disappointment—feed Vigoro this spring.

Such by-products as bone meal and manures supply *a few* of the 11 different food elements that growing plants need from the soil. But Vigoro supplies *all* of them, safely, and in scientifically balanced proportions.

Vigoro is clean, odorless, easy to apply. New low prices on it this year. Only 4 lbs. per 100 square feet will bring quick, lasting results.

See your garden supply dealer *now*; get enough Vigoro to give a *square meal* to all your flowers and to your lawn. Be sure you get genuine Vigoro; look for the name on the container. There are six convenient sizes, from 12 ounces to 100 pounds.

Made in California and Oregon factories for western soils

NRA

NEW LOW PRICES this year

VIGORO

The SQUARE MEAL that assures rich BEAUTY in Lawns and Flowers

"Mistress Mary quite contrary, HOW DOES YOUR GARDEN GROW?"

FINE..for now I keep insects away WITH "Black Leaf 40"

Try to keep insects from getting a start. They are easier to kill when young. Spray flowers and vegetables early with "Black Leaf 40." Kills insects both by contact and by fumes, and is quick-acting. No waiting for results with "Black Leaf 40." Concentrated—a little makes a lot of spray. Sold everywhere.

HAS MANY USES. "Black Leaf 40" is versatile. When sprayed on the lower branches of shrubs and evergreens, keeps dogs away. Kills insects on both plants and animals. Controls poultry lice and feather mites. Directions on labels and free leaflets tell how to kill various insects with "Black Leaf 40."

Tobacco By-Products & Chemical Corp. Incorporated Louisville, Kentucky

Beautiful Lawns and Gardens Quickly—Economically—Easily WITH SWEDISH PEAT MOSS

•

Swedish Peat Moss is superior. Check these outstanding advantages and insist that every bale of Peat Moss you buy is Swedish Peat Moss.

1. It is vacuum cleaned, eliminating excessive dust and fibre.
2. It is light, fluffy and porous, never cakes, and can be used directly from the bale without breaking, grinding or shredding.
3. More bushels of peat moss per bale.
4. Higher water absorbing capacity. (NOTE: Leading authorities state that the saving in water consumption more than pays for the cost of the peat moss.)

•

Ask your dealer, or write to

WILSON & GEO. MEYER & CO.

Distributors

San Francisco, California

Please send free booklet on building my lawn and garden with Peat Moss.

Name _____

Address _____

GLADIOLUS Collectors overstock. Clean, Thrip free. 100 all different, all sizes mixed $2.00. 20 large, all different labeled; or 30 large mixed $1.00 Postpaid. Fine varieties. No Checks or C. O. D. No catalog.

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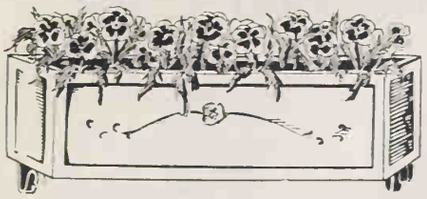
LILLY'S SEEDS



. . . and speaking of

WINDOW BOXES

good seeds and the proper fertilizer are your chief allies in getting the effect you want—whether it's fragrance, color, delicacy or foliage. Choose "Best for the West" seeds, acclimated and adapted to Pacific Coast conditions, proven by actual tests. For soil nutriment use Morcrop Tablets. Heavy, bulk fertilizers are too strong for window boxes, apt to burn up the plants. The authorized Lilly's dealer in your community has a wide choice of varieties, such as:

HELIOTROPE (Cherry Pie)
Delightful fragrance. Easily grown from seed, 2 feet tall, free-blooming. Water freely while in bloom.

LOBELIA (Trailing)
A beautiful trailing variety with sky-blue white-eyed flowers. Strong-growing with continuous blooming habit.

VIOLA (Tufted Pansies)

CANDYTUFT (Iberis)

NEMOPHILA (Baby Blue Eyes)

TROPAEOLUM NANUM, (Dwarf Nasturtium)

PETUNIA HYBRIDA (Rosy Morn)

Be sure to get the Lilly's 1934 catalog from your dealer—also Lilly's Garden Paint Book for children—or write The Chas. H. Lilly Co., Seattle, Wash., Established 1885.

MORCROP

KILL GARDEN INSECTS . . . Simple as A-B-C

Buy New Ever Green . . . mix it with water . . . and spray. Nothing to add. Kills most insects, worms, ants. Harmless to people and pets. Will not injure plants or blossoms. Buy it at drug, hardware, seed, flower, department stores.
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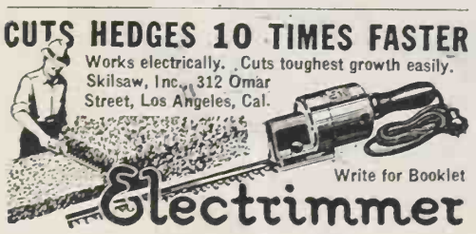
NEW EVER GREEN SPRAY

CUTS HEDGES 10 TIMES FASTER
Works electrically. Cuts toughest growth easily.
Skilsaw, Inc., 312 Omar Street, Los Angeles, Cal.



Write for Booklet
Electrimmet

has published two lists of plants known to be suited to California gardens and a world map of plant geography that is a gem.

"Gardens are certainly one of the most uplifting interests we can have in life," says Mrs. Slosson. "Flowers were meant to bless us, but we should not be content with a purely personal enjoyment of them. They are a blessing we should share with the whole world."

And there you have the motive back of the California Garden Club Federation, expressed not only in the activities within itself, but in its affiliation with the California Council for the Protection of Roadside Beauty, the National Council of State Garden Club Federations, the American Horticultural Society, the American Civic Association and the Royal Horticultural Society.

•

Window Boxes

(*Continued from page 30*)

For a House of Brown Shingles: Golden Gleam Nasturtiums; Yellow Alyssum; Blue Violas; and Calceolarias.

A Kitchen Window Box: Chives; Tarragon; Thyme; Rose Geranium; Rosemary; Lavender; Marjoram; and Sage.

Pot Plants for a Succession of Bloom: Hyacinths; Schizanthus; Cinerarias.

Drought Resistant for a Week End Cottage: Vittadinia; *Nepeta mussini;* Carnations (Chabaud strain); and *Alyssum saxatile.*

Spring Bulbs Followed by Annuals; Snowflakes; Muscari; Freesia; Daffodils; Narcissus. Plant mixed nemesias between bulbs, lift bulbs when through blooming.

Dwarf Shrubs for an Evergreen Effect: Pimelea; *Euonymus mycrophylla; Veronica buxifolia:* Cuphea; Cistus (all varieties).

On a North Wall: Felicia (blue or pink); *Saxifraga crassifolia;* Heuchera; Violas; Primulas; *Campanula sophylla.*

Fragrance Through an Open Window: Daphne cneorum; Dark Heliotrope; Jonquils; Mignonette; *Yerba buena.*

Old Standbys: (Inexpensive and satisfactory). Ageratum (blue, grows 8 to 12 inches); Browallia (amethyst, 1 foot); Calendula (yellow-orange, 15 inches); Candytuft (12 inches); Lobelia (blue, trailing); Mignonette (tinged with red, not particularly colorful, but blends well); Nasturtiums, of course; Nemesia (comes in dainty colors, 1 foot); Nemophila (Baby Blue Eyes); Pansies; Petunias; Single Pinks (16 inches); Portulaca (low growing); Sweet Alyssum; Virginian Stocks; Verbena.

Editor's Note.—Those of you interested in growing succulents in the window box may have a list of satisfactory varieties by sending a stamp to the Garden Department, SUNSET Magazine, 1045 Sansome Street, San Francisco.

2 STEPS To Garden Success

Your soil as "living quarters" must store up food and moisture to be released as needed.

Therefore, you should both
(1) *condition your soil* and
(2) *provide essential plant food.*

GROZ-IT PULVERIZED SHEEP MANURE enriches your soil with humus and is guaranteed free from the weed seed and harmful fungus which come with ordinary barnyard manure.

GROZ-IT "5-10-4" PLANT FOOD makes plants grow like magic! It provides the chemicals essential to plant life which do not renew themselves in the soil. Order a supply of both from your Garden Supply Dealer. In convenient sized bags at prices to please the thrifty. Send for free folder, "A Proven Formula for Garden Success." Growers Fertilizer Co., 108 Davis St., San Francisco.

GROZ-IT
5-10-4
PLANT FOOD
FOR WESTERN GARDENS

■ COMFORT AND QUIET
■ ELEGANT ATMOSPHERE
■ CONVENIENT LOCATION
■ UNEXCELLED CUISINE . . .
■ GARAGE IN BUILDING
■ RATES WITH BATH as low as . . . $3.50
■ San Francisco's Newest and Most Modern Downtown Hotel

SIR FRANCIS DRAKE

POWELL AT SUTTER

SAVE Your ROSES

with this new-type spray

• Check Aphis right at the start by spraying your Roses with Garden VOLCK Spray.

It also helps prevent *Rose Mildew*, and leaves the foliage a clean, bright, beautiful green.

Nothing better as an all around spray on *Flowers, Shrubs, Vines, Trees and your garden in general.*

Kills many different Insect Pests and has wide margin of safety for the plants.

Ask your nursery, seed, hardware, or fuel and feed store for the ORTHO *Garden Pest Control Guide (or write direct to us).*

ORTHO BRAND

Garden VOLCK SPRAY

KILLS GARDEN PESTS

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SURE DEATH TO SNAILS SLUGS, SOWBUGS

SNAROL quickly rids your garden of *snails, slugs, sowbugs, cutworms, earwigs*, etc. It's easy to use, harmless to plants, safe, longer lasting, more economical. Proved in a million gardens.

LOWER 1934 PRICES:

1½ lb. 25c, 4 lbs. 60c, 15 lbs. $1.95

Get *genuine Snarol* today at your local store. Write Antrol, Dept. 82, 651 Imperial St., Los Angeles, for free pest control pamphlet.

SNAROL

TIGRIDIAS "Captive spirits of Aztec sun-dancers." 12 bulbs direct from beds, perfect condition, $1.50 prepaid. Six distinct shades and colorings including rare white.

SMITH'S TIGRIDIA GARDENS,
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CHOICE DAHLIAS, healthy strong roots guaranteed true to name. Write for price list.

HAMILTON DAHLIA GARDENS
North Bend King County, Wash

SUNSET Garden News

•

GARDEN enthusiasts of Marin County, California, under the leadership of Mrs. Helen Van Pelt, State Chairman of Garden Centers for the California Garden Federation, have started work on a garden center where local garden problems will be discussed and valuable garden statistics compiled. Here, all members of the community may come for consultation and to use the garden reference library. This will be the first county-wide garden center to be formed in the United States, and promises to be an important project. Any community wishing to promote such a center may communicate with Mrs. Van Pelt at San Anselmo.

* *

Cypress trees in Central California have become the prey of several increasingly destructive insect enemies, among which are the cypress webber and the cypress tip moth, both of which cause the foliage to become sear and brown. For the control of these insects a spring application of nicotine and oil spray is recommended by Dr. H. E. Burke, in charge of the Shade Tree Insect Laboratory of the Pacific Coast.

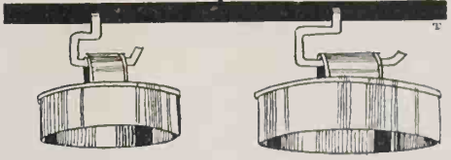
* *

On April 26, in Santa Monica, California, will be held the First Western Shade Tree Conference. Representatives from Washington, Oregon, California and other western states will be present to start a tree planting and tree saving movement for the Pacific Coast.

* *

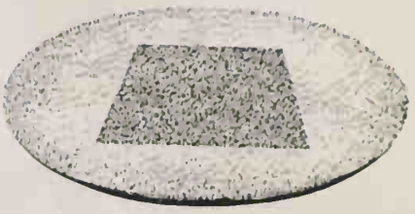
The newest state garden club to be formed in SUNSET Land is the federation of eight clubs in Utah on January 20. This new federation hopes to become affiliated with the National Council in one year's time. The annual meeting will be held in May to coincide with the spring flower show of the Salt Lake Club, date to be announced later. Besides co-ordinating the interests of the various garden clubs of the state, the associated clubs hope to promote a spirit of cottage gardening throughout Utah; to conserve wild flowers and birds and to encourage civic planting. More about it later!

~ It's a good idea ~



to bend hat hooks and screw them to the under side of cupboard shelves to hold your cookie and biscuit cutters.

....Try the *FREE* "*Square Yard Test*" and prove to yourself that



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produces best results from YOUR soil

● Let the coupon below bring you a *Free Sample* of *Gaviota*, enough to feed a square yard of lawn. And enough to convince you that this beauty-bringing plant food... made for the soil of Northern California and nowhere else... lets you make the most of your garden.

Into the making of *Gaviota* have gone more than the right amounts of *every* food element needed by plant life in this area. For into it has gone knowledge gained in nearly half a century of fertilizer manufacture. *Gaviota* is *right!*

Thus, you can buy *Gaviota today*... at new, low prices... with the satisfaction of knowing that your garden and lawn will be as never before, if you aren't already one of the thousands who insist on *Gaviota*... Northern California's own Plant Food.

New! Gaviota Swedish Peat Moss. Europe prefers it.... Now *you* may use it, too!

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2nd at Hearst Ave., Berkeley, Calif.

Send me the free sample of GAVIOTA.

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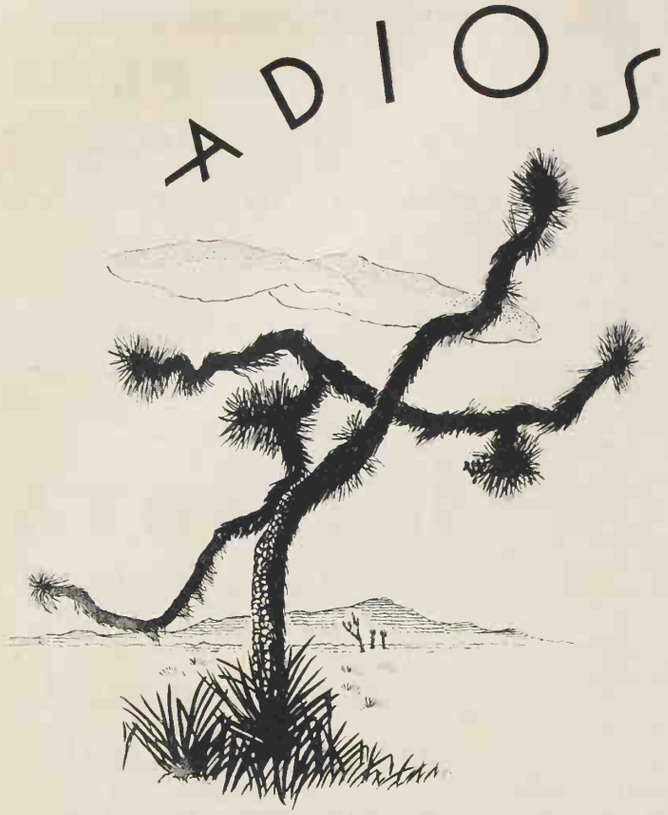

THIS page is being written on the sun deck of Furnace Creek Inn, Death Valley, California—a place that we have dreamed of visiting ever since we came to Sunset Land. Although there are excellent pamphlets available describing this famous desert, we want to record a few notes about it while the sand is still on our pen. We had always pictured Death Valley entirely as a land of moaning sands but such is not the case. This is the land of contrasts—everything from two-mile-high mountains to below-sea-level salt pools; weird mud-pie canyons to blossoming creosote bushes; airplane landing fields to baby burros. According to former secretary of the interior, Ray Lyman Wilbur, there are 500 varieties of plants here not to be found elsewhere, but so far we have located only ten—all of which indicates that we have considerable exploring yet to do. Of the several roads leading into Death Valley, the two recommended are the toll road over Townsend Pass, and the valley road via Baker and Death Valley Junction. We took the latter and found it very easy driving despite the hundred miles of gravel, and ten little streams to ford—or rather, one little stream to be forded ten times. Accommodations range from de luxe hotels to comfortable tourist cabins and there is *plenty* of room to camp.

•

One of the happiest features of this desert trip was the delightful drive down the San Joaquin Valley, so beautiful in its flowery spring dress. Somehow, we have always been partial to the interior valleys of SUNSET Land, from the Yakima in the north to the great Salt River valley of Arizona, and on all of our inland Pacific Coasting trips we make it a point to collect garden notes and building ideas that apply specifically to valley conditions. It was in Bakersfield that we learned of an excellent 75-page garden book recently compiled by the horticultural department of the Kern County High School, a book that should be useful to you who garden under conditions similar to those of Bakersfield. We were so impressed with the little volume that we asked Harry Holmes, the instructor, if we might offer it through SUNSET. He was good enough to grant the permission, so if you want a copy send us seventy-five cents and this garden book will be yours.

•

The Joshua tree is the clown of the desert. He squirms around getting into all sorts of ridiculous poses and frantically waves his long arms and legs in a grotesque dance as illustrated in the sketch on this page. He is very little good, doesn't even make good fuel, but he stands his ground brazenly, bristling with indignation when anyone comes near him. He is not a tree at all but a member of the old and respected Yucca family. The Mormon pioneers christened him "Joshua" because his twisted branches seemed to point the way to their Promised Land. In spite of his biblical name, Mr. Joshua Tree is a renegade, but, even so, we like him. He seems to say, "Look at me—I'm having a good time even if conditions here on the desert aren't exactly ideal. You could have a good time too if you didn't take yourself and your surroundings so seriously."

•

Before we left on this Pacific Coasting trip, a bit of verse entitled "Desert Night" came to us from Margaret Wheeler Ross, Poet Laureate, Arizona Federation of Women's Clubs. The word pictures that Mrs. Ross painted in this poem appealed to us so much that we brought it along in order to read it in its proper setting. We want to share it with you.

"The mountains have put on
Their robes of midnight blue,
And settled down to sleep
Beneath the sky;
The moon, in gold beret,
Is coyly peeping through
The shirred and ruffled clouds
As they drift by.
The cowled and cassocked palms,
Like cloistered monks in line,
Recite nocturnal Mass
With rustling breeze;
And droning insect choirs
Before a hidden shrine,
Religiously intone
Responsories."

•

It is, of course, getting a bit late to plan a trip to Death Valley this season for the desert should be visited during the months of winter and early spring—from November 1 to May 1 preferably. The next few months, however, mark the big vacation time in other parts of Sunset Land, hence during the next few issues of this magazine you will find many pages devoted to camping trips and travel tips—everything from making a sun bath shelter for your own back yard to "Camping With a Little Fresh Heir" in the High Sierra. These practical vacation notes were all sent in as a result of our request for such material in the February issue. In fact, we received several hundred more stories than we can possibly use this year and many excellent contributions had to be regretfully returned. Now that our files are so packed with your inspirational ideas we promise to fill your forthcoming jaunts and joy trips full of enthusiasm and fun.

•

With a swish of her magic wand, Lady Spring has changed all Sunset Land into the Land of Happy Vacations. Let's take a "Roamin' Holiday!" Let's go exploring. As usual, your all-western magazine will point the way.

LOU RICHARDSON

SUNSET
MAGAZINE

THE PACIFIC MONTHLY

Vol. 72 May 1934 No. 5

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L. W. LANE Publisher

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ADVERTISING OFFICES
Main Office, San Francisco, Sunset Bldg., 1045 Sansome St.
New York, 501 Fifth Ave. Boston, Old South Bldg.
Chicago, 919 North Michigan Ave.

SUNSET is the magazine for people living in the Pacific West. Subscription rates 50 cents for one year; $1.00 for 2 years. Canadian and foreign subscriptions $2.50 per year. The editorial contents of this issue of SUNSET are copyrighted and only reliable advertising appears between its covers.

Published monthly by LANE PUBLISHING CO. Sunset Building, 1045 Sansome Street, San Francisco, Pacific Central Edition entered at San Francisco Post Office as second class mail matter. (Member of the Audit Bureau of Circulation.)

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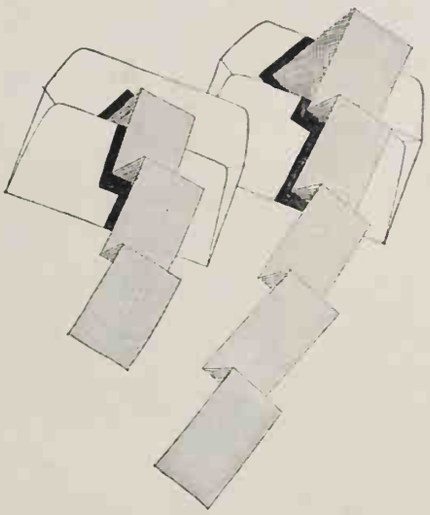
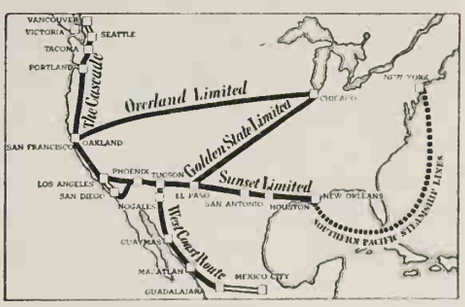
Which ticket TO THE EAST would you buy?



HERE are two summer roundtrip tickets to Chicago. Both cost the same. One takes you there and back on the same route. The other takes you there on our Sunset Limited via Los Angeles, the Old South and New Orleans and brings you back across the continent on a northern line and down through the Evergreen Playground on our Cascade. The first ticket shows you one narrow strip of the United States. The second shows you an entirely different part of the country each way. Both tickets cost the same (from most northern California points). Which ticket would you buy?



This little map shows the routes of our four leading trains. As you can readily see, they approach the East through four entirely different scenic regions. By going East on one of these trains and returning on another you make a roundtrip that is really *round*. Yet the rail fare is not 1¢ more, in most cases, than for a trip straight there and back.

AIR-CONDITIONED!

Mark Twain said, "Everyone talks about the weather but no one does anything about it." *We* are doing something about it! Club cars, lounge cars, dining cars, room cars (compartments, drawing rooms) and observation cars will be *air-conditioned* on our Sunset Limited, Golden State Limited, Overland Limited and Cascade this summer.

All our dining cars serve delicious "Meals Select"—complete luncheons and dinners beginning at 80¢, breakfasts at 50¢.

SUMMER FARES—MAY 15

Summer roundtrip fares to eastern cities, many lower than last year, will be in effect from May 15 to October 15, return limit October 31. For example, $86 roundtrip from most California points to Chicago, good in standard Pullmans; $68.80 good in tourist Pullmans; $57.35 good in coaches and reclining chair cars. Pullman charges have been greatly reduced. A standard Pullman lower berth from California to Chicago costs only $15.75, compared with $23.63 last year. A tourist lower berth costs only $8.50.

Low summer roundtrip fares to Mexico also begin May 15th. For example, $86 roundtrip from most California points to Mexico City, via our *West Coast Route*. Through Pullman service from Los Angeles. Circle tour—Mexico, Havana, New York, World's Fair—$261.10.

CHECK YOUR CAR

Two standard Pullman passengers to the East can take an automobile along for only 3.6¢ a mile extra. You ride fast, comfortable trains. Your car goes fast freight and is ready for you when you arrive.

WORLD'S FAIR—MAY 26

Opening date of the World's Fair at Chicago has been advanced to May 26. Most of last year's popular features will be retained and there will be many new ones. The Fair closes on November 1. Any Southern Pacific agent will gladly help you plan your trip.

MAIL THE COUPON

F. S. McGINNIS, Dept. SM-5, 65 Market St., San Francisco. Send me information on a trip to_____ I plan to leave about_____ and will have_____ persons in my party. [ ] Check here for information about the new low rates that permit two train passengers to take an automobile for 3.6¢ a mile additional.

Name _____ *Address* _____ *City*_____

SOUTHERN PACIFIC

PHOTOGRAPHED IN DEATH VALLEY BY J. E. CHAPPELL

Sunset Gold

MAY, the month that brings Mother's Day, is here again, and all the West is abloom to celebrate that gentle holiday.

Fortunate sons and daughters wearing red carnations will cable or telegraph or, better yet, bring in person armfuls of roses and delphinium, to make their mothers still more proud and happy. Other fortunate ones are planning week-end trips that they know will please Mother most thoroughly, because they will show her fields of belated spring flowers or banks of flowering shrubs. It may be a pilgrimage to view the ethereal fragility of the opuntias blooming miraculously in the stony floor of Death Valley; to drink in the creamy whiteness of azaleas against the fresh green of huckleberry and manzanita; to exclaim over the sheets of man-planted color in Balboa or Golden Gate Park; or to experience the heart-thrilling, heart-stilling beauty of those misty blue clouds of lilac lined with rosy rhododendron that nature has planted along the forest roads of the Mendocino Coast. . . . Others of us, not so fortunate, will wear a white flower of remembrance, and a smile to show the world that our mothers taught us well.

Mother's Day was not instituted to honor and cherish young mothers; they must wait until their children have gone out into the world, into work and homes of their own, before their achievements as mothers can be properly evaluated. This day celebrates the worth and sings the praises of those older mothers who, after leading full and busy lives for years, have gradually been relegated to the background of living.

MISUNDERSTOOD mothers! There are many more of them than of misunderstood children, or husbands or wives. We are so inclined to take our own mothers for granted! We fuss at them about the hats they wear, and we pin up their back hair, and we urge them to "give up that big old house and take a nice, comfortable apartment;" and as they grow older and less strong and self-reliant, we unflatteringly supervise their every step—far more zealously and naggingly than they watched our own faltering baby steps. Grown-up and omniscient, we want not only to regulate our own lives, but the lives and activities of our parents. Rarely do we pay them the compliment of asking their opinions or advice, rarely in our self-importance do we let them decide even matters that affect them most directly. Well-meaning but thoughtless children we still are, in spite of our years and authority. Only our mothers could forgive us, as they do.

On Mother's Day this year, don't merely give your mother flowers or gifts, or take her dutifully on a trip in the planning of which she has had no word. Give her a really big gift, the gift of understanding, that day and all the remaining days of her life.—G. A. C.

BUILT BY Firestone

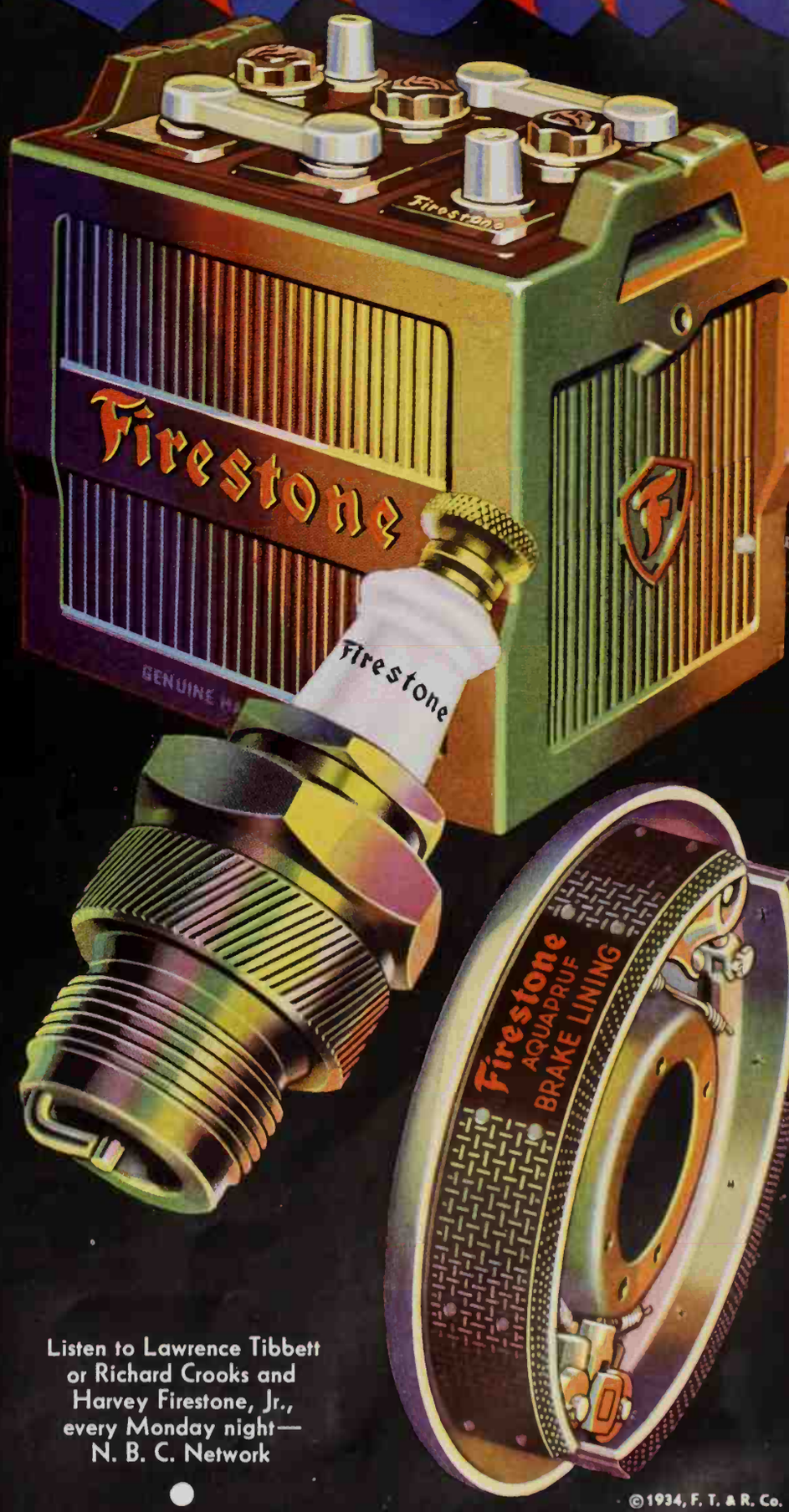
THREE years ago Firestone established its own factories for the manufacture of batteries, spark plugs and brake linings to give owners of automobiles, trucks and buses the extra quality and service in these important automotive products that Firestone builds into its tires.

Firestone engineers and chemists developed a new porous rubber separator for Firestone EXTRA POWER batteries which allows the full sized, pure antimony lead plates not only to operate more efficiently —give extra power and quicker starting, but also give longer life.

In the manufacture of spark plugs Firestone Steel Plant Metallurgists developed and perfected new center electrodes of very fine texture which provide greater resistance to disintegration. These new electrodes assure hotter spark, more power and greatly increased life.

Firestone chemists and brake engineers found the way to make brake lining waterproof. This has been accomplished by the Firestone AQUAPRUF process whereby every asbestos fiber is saturated and coated with a special compound that gives positive braking control and freedom from chatter and squeal.

The Firestone Service Dealer or Service Store in your community will inspect your tires and test your battery, spark plugs and brakes without charge. See him today and get these better services and greater values.



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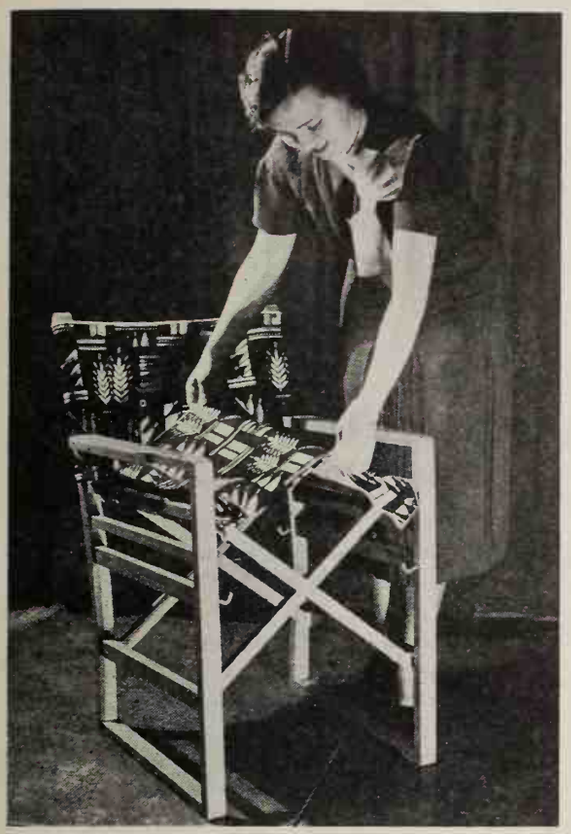
Garden Furniture

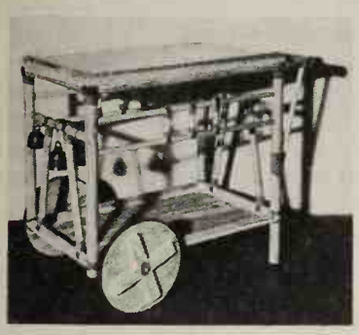
by ELSA ELOISE KNIGHT



THE lawn lounge below combines the features of a settee, a reclining chair, a chaise longue, and a day bed. The canopy and backrest are optional, but add immensely to its usefulness and comfort. The backrest and armrests are removable, and the latter fit into sockets at either the end or the sides, according to the way in which the lawn lounge is being used. It may be rolled about, indoors or out, wheeled up or downstairs with ease, and is indispensable for an invalid or convalescent, or indeed for anyone who enjoys lazy comfort all summer. At left is a folding chair that is proving popular this season.

A tea wagon reminiscent of the old Mexican cart and called an "Octli" wagon fits beautifully into the informality of the ranch house or country home. Under the glass top is painted a motif which was found tattooed on a native of the Marquesas. This piece, like the iron and rawhide furniture opposite, carries out this same interesting theme of using primitive art motifs from the countries bordering Sunset Land.

THE simple pieces below are of swamp willow with table tops and chair seats in redwood. The bark is left on the willow, creating a decidedly rustic effect. The redwood tops are finished with waterproof lacquer giving adequate protection against fog and rain. This furniture is made in California.



PHOTOGRAPHS on these pages were furnished by The White House, S. and G. Gump Company, and The Emporium of San Francisco, and the H. C. White Company of North Bennington, Vt.

Build a Barbecue for Your Sunset Garden

Here are complete directions by

HORACE GEORGE COTTON

Landscape Architect

•

A NUMBER of Sunset "homers" have requested a discussion regarding the construction of a simple barbecue pit—something the family patriarch can knock together of a Sunday morning while the rest of the family is recuperating from Saturday night's dissipation at the movies. So we will extemporize, with your permission, a symphony in brick, simple but complete.

THE LOCATION IN GARDEN

Suggestion No. 1. Select a location which will be as isolated as possible from artificial surroundings. Along with the fun of eating barbecued steaks cooked over an open fire, comes that instinctive urge to "go native." But, we pause to inquire, who can gnaw hungrily upon a perfectly barbecued T-bone, feeling the while like a prehistoric man-cub in nature's wild extant, while gazing upon a foreground of meticulously landscaped garden, or a modern bungalow and the family bus smack in the middle of the picture? Isolation, therefore, supplies that privacy which the well bred barbecue addict desires.

Suggestion No. 2. Use a concrete foundation in conjunction with a brick superstructure. The foundation should be four inches thick and of a 1:3:6 concrete mixture. Allow one inch above ground and three inches below. A dirt floor may be used but is less satisfactory.

BRICK AND HOW TO LAY IT

Suggestion No. 3. Order two hundred common brick. Second-hand brick are cheaper and even more desirable than new ones as they give a weather-worn effect. One sack of cement and three sacks of sand should make up sufficient mortar for the job. Lay the bricks as shown in the plan, being careful to insert the iron bars at "A-B" after the second brick course has been laid. See plans. These grate bars should be of half-inch round iron rods spaced at three-inch intervals from front to rear. They should run the full length from side to side so as to allow the fire pan to slide freely between the firebox section on the left and the grill section on the right.

Use care in laying the brick so as to come out right where the first vertically laid course, the sixth from the bottom, creates a shoulder. This shoulder is made for the purpose of supporting the ⅜-inch-thick iron plate for the oven floor shown in the left section of the plan, and also for supporting the grill mesh at "C" on the right.

THE GRILL MESH

Position "D" for the grill mesh is a lower position, closer to the fire, where greater heat can be obtained if desired. This position is made by raking out the inside joints between the fourth and fifth courses of brick while the mortar is still fresh, thus creating a groove on three sides which will permit the grill mesh to slide into place. The grill mesh should be of 3/16-inch iron rods, spaced one inch apart, and held together in a metal frame.

It will be noticed that there is a brick wall in the center of the pit separating the fire-box section from the grill. There is an opening in this wall which permits the firepan to slide from one section to the other over the grate bars. It is two brick courses high and the span, above which the solid wall continues, is supported by a half-inch by two-inch by two-foot flat iron bar.

A second iron bar of similar size is used over the opening between the fire-box and the chimney. A length of twenty inches is sufficient.

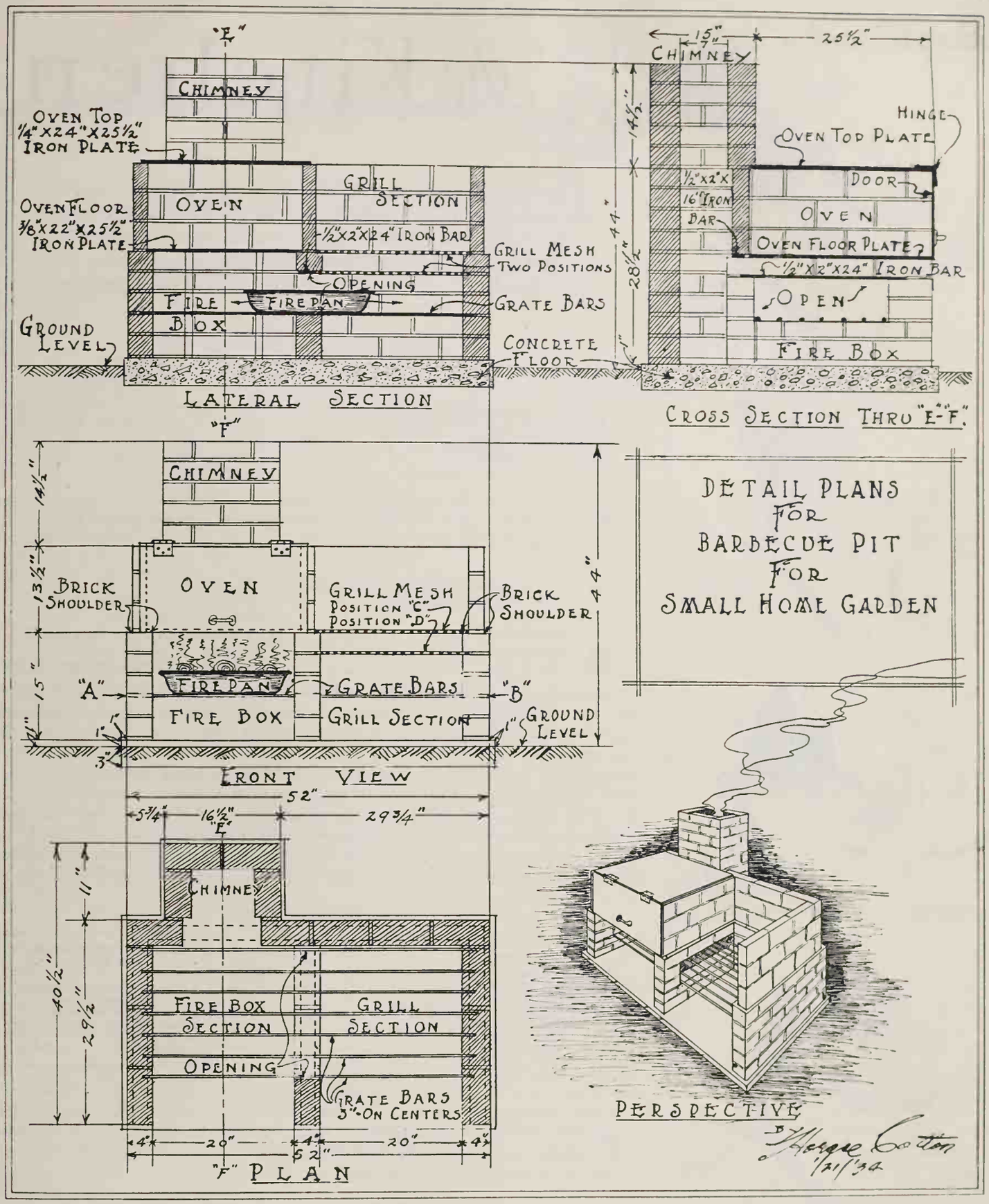
Thus the fire-box is of brick on the two sides, is open at the front, is covered on top by the iron plate forming the oven floor, and opens in the rear into the chimney.

The oven section is enclosed on three sides by brick and the floor is the ⅜-inch iron plate above mentioned. The front and top of the oven are covered by two quarter-inch-thick iron plates hinged together where the two meet. These plates remain detached from the brick part of the structure and can be removed if desired. Prepare a good seat where the metal plate rests upon the brick by smoothing over the brick with neat cement and "seating" the plate in the soft cement before it gets dry. The metal floor and top of the oven can be used as hot plates, if desired, for keeping food warm while serving.

The only remaining part of the barbecue pit which may need mentioning is the firepan. It will be found that using a movable fire container is much more convenient than building a fire on the floor. While the wood is burning rapidly, with a great deal of smoke and flames, it can be kept in the fire-box to heat the oven, the smoke going up the chimney. When reduced to a bed of glowing coals, the firepan can be slid over into the grill section and used for grilling purposes. If it is desired to use both oven and grill at the same time, it may be advisable to have two firepans.

The firepan itself is best made by obtaining a heavy metal drip pan of the right dimensions, and drilling half-inch holes in the bottom of it every two inches apart. The holes are necessary to give plenty of draft.

The most satisfactory fuel for bar-



becue purposes is oak. Other hardwoods are also satisfactory.

The total cost of materials should not exceed $8.00 to $10.00, if constructed in the size shown on the plans. If a different size is desired change the size but keep the proportions the same.

With the materials assembled the time required for the actual construction should be about three to four hours.

A GOOD OLD STANDBY

Grilled Lamb Chops and Bacon, or Grilled Steaks

Escalloped Spaghetti, Corn and Mushrooms with Tomato Sauce
(*Baked in large Mexican Casserole or in flat pan*)

Green Salad in Wooden Chopping Bowl
(*Lettuce, Endive and Chicory with Roquefort French Dressing*)

Garlic French Bread, Served Hot Assorted Relishes

Strawberries or other Fresh Fruit Sponge Cake (not frosted)

Coffee and more Coffee

The Kitchen

TRADE MARK REGISTERED

These recipes are designed to be clipped and mounted on filing cards, or pasted in your cooking scrap book. You are invited to share your own favorite recipes with other Sunset Readers. Address Genevieve A. Callahan, The Kitchen Cabinet, Sunset Magazine, San Francisco

Novel Ice-Box Cookies

(*Illustrated on these pages*)

Dark Part:

1 cupful of shortening (half butter, half other shortening)
1½ cupfuls of brown sugar
2 eggs, well beaten
3 cupfuls of flour
½ teaspoonful of cinnamon
½ teaspoonful of mace
1 teaspoonful of soda
¼ teaspoonful of salt
1 cupful of nuts

Cream the shortening and sugar very thoroughly together, add the eggs, then the dry ingredients sifted together, and the nuts. No liquid is needed in this part. Mix well, and set aside while you make the

Light Part:

½ cupful of shortening (half butter, half other shortening)
¾ cupful of granulated sugar
1 egg, beaten
1 teaspoonful of vanilla
½ teaspoonful of almond flavoring
2 cupfuls of flour
¼ teaspoonful of soda
½ teaspoonful of salt
2 tablespoonfuls of cold water
¾ cupful of raisins, cut fine
12 candied cherries, cut fine

Cream the shortening and sugar, add the egg, the dry ingredients sifted together, and the cold water and flavorings, then the chopped raisins and cherries. Mix well. Take half the dark part and press it down into a long, narrow pan (a bread pan may be used). Lay the light part on top, and press down evenly; then lay the remaining dark part on top, and press down as before, making the top smooth. Let stand in refrigerator at least 12 hours before attempting to turn out and slice. Then slice thin with a sharp knife, place on a very lightly oiled cookie sheet, and bake quickly in a hot oven (425 to 450 degrees), watching carefully so that they do not burn. These are very nice to have on hand, to serve with fresh fruit. Slice off and bake only what are needed at one time.—Mrs. C. L. R., Hollywood, California.

Best Baked Salmon

A large chunk of salmon (2 to 4 pounds)
Salt and pepper
Juice of half a lemon
1 cupful of sour cream
1 teaspoonful of grated onion

TO MAKE YOU THANKFUL FOR FRIDAY

*Best Baked Salmon
Escalloped Potatoes
Buttered Asparagus
Lettuce with Tart French Dressing
Wholewheat Rolls Butter
Baked Apples Coffee

Have a chunk of salmon boned; after wiping it with a damp cloth, lay it in a shallow open pan. Season well with salt and pepper, squeeze the lemon juice over it, then pour the sour cream over and spread the grated onion over the top. Bake in a moderately hot oven (375-400 degrees) for an hour, or until the fish is tender and the sauce in the pan has become rich and slightly brown. This is delicious, and is moreover an excellent way to make use of sour cream.—L. R., Spokane, Washington.

Onion Cream Soup

This is a delicious emergency soup, grand for a cool evening when company drops in and the larder is low, and equally grand for family use any time.

SOUP FOR SUPPER

*Onion Cream Soup
Toasted French Bread with Cheese
Crackers Assorted Pickles
Prune Pie Coffee

2 tablespoonfuls of butter
4 medium-sized onions, sliced thin
1 can of consomme
1 large can of evaporated milk
Seasonings to taste

Melt butter in a saucepan, slice the onions into it, and cook slowly until they are yellow and limp, but not brown. Add the consomme, undiluted, and simmer until the onions are tender—about 5 minutes. Then add the evaporated milk and seasonings to taste, heat just to boiling point, and serve at once.—Mrs. C. L. S., Santa Barbara, California.

Cabinet

U. S. PATENT OFFICE

On publication, $1 is paid for every recipe printed. Owing to the great numbers received each month, unused contributions can not be acknowledged or returned. Recipes having a "western flavor" are preferred; contributions from eastern states are not acceptable

Dutch Beans

1 quart of string beans, cooked (Canned beans may be used)
2 slices of bacon, diced
1 medium-sized onion, diced
2 tablespoonfuls of flour
1 cupful of hot water
1 tablespoonful of vinegar
Salt and pepper to taste

A GOOD HOME DINNER

Pot Roast of Beef
*Dutch Beans — Browned Potatoes
Grapefruit Salad
Wholewheat Muffins — Jam
*Lemon Chiffon Pie — Coffee

Brown the bacon, add the chopped onion, and brown lightly. Take out the bits of bacon and onion, add the flour and brown it also; then add the cupful of hot water and cook, stirring, until smooth and thickened. Return the bacon and onion to the sauce, add vinegar, salt, and pepper to taste; add the cooked string beans, and heat thoroughly.—Mrs. H. E. H., Bothell, Washington.

"Zucchini Weenie"

A CLEVER SUPPER

Grapefruit Cup
*"Zucchini Weenie"
Buttered Carrots
Creamed Lima Beans
Bran Muffins — Loganberry Jam
Prune Whip — Coffee

Wash 5 or 6 small zucchini and hollow out the insides. (This can be done by cutting off one end and using an apple corer, or the squash may be split lengthwise and hollowed out with a spoon; in the latter case, the halves may be put together and held by means of toothpicks.) Stuff each zucchini with a weiner or small pork sausage—the sausages should first be browned in a skillet—and place in a saucepan. Pour over them a can of tomato soup, add seasonings to taste, and simmer until tender. In serving, put the stuffed zucchini on a platter and pour the soup over them as a gravy.—Mrs. L. L. A., Sacramento, California.

Codfish Balls

A SIMPLE DINNER

Head Lettuce with
Thousand Island Dressing
*Codfish Balls — Breaded Tomatoes
Buttered String Beans
Bread and Butter
Sweet Pickle Relish
Fruit Gelatine — Coffee

Put 1 cupful of salt codfish, shredded fine, and 2 cupfuls of potatoes, peeled and quartered, into 1½ quarts of boiling water, and cook until the potatoes are very tender. Drain off the water, and mash and beat the potato-codfish mixture until smooth; add a teaspoonful of butter, a little pepper (no salt!), and when slightly cooled, the well-beaten yolk of an egg. Beat again until very light, then fold in the egg white, beaten stiff. When cold, roll lightly in floured hands to form little balls, and fry in very hot deep fat (395 degrees) until nicely browned. Serve on a hot platter edged with parsley, with other accompaniments as suggested in the boxed menu.—M. E. M., Baldwin Park, California.

Our Favorite Lemon Chiffon Pie

1 baked pie shell
3 eggs, yolks and whites separated
1 cupful of sugar
1 lemon

Beat the egg whites stiff, using a rotary beater; add ½ cupful of the sugar, and beat smooth. Shake off the beater and beat the egg yolks light, beating in the remaining sugar. Add the juice of the lemon to the yolk mixture (a little of the grated rind may be added, too) and cook in a double boiler, stirring constantly, until about the consistency of mayonnaise. Pour the hot mixture over the egg whites, folding it in lightly. Fill into the freshly baked pie shell and put into a hot oven (425 degrees) to brown very lightly, for not longer than 3 minutes. This pie filling is supposed to be very light and soft. It should not be allowed to stand very many hours before serving.—J. E. D., Port Angeles, Washington.

Lay strip of light mixture on top ~ ~ ~ ~
Cover with remaining dark part. Press firmly
Put into refrigerator for 12 hours ~
Turn out. Slice thin, and bake ~ ~
Ruth Taylor
Serve fresh with strawberries!

Let's go Clam Digging

by
HILDA BROWNING
and
WILLARD HUMPHREYS

It's soft going where the soft shell clams live, but the chowder is worth the effort

WE enjoyed the article, "Gypsy Jams and Jellies," that appeared in SUNSET almost two years ago, for we are well acquainted with the berries and know their value. In fact we have found that nature has been more than generous in the Northwest coast region. During the very depressing past few years of depression, many people have discovered clams to be a very valuable and nutritious article of food. They are a little more difficult to obtain but well worth the effort.

Digging for clams is work yet adventurous fun, too. It requires a shovel, bucket, and a pair of rubber boots.

HOW AND WHEN TO DIG

Early fall and spring produce the best clams. They are very good during midwinter, but the exceedingly high tides, particularly during January and February, make digging them rather an impossibility. Generally speaking, there is no closed season, but during the propagating season—June to August—clams are poor in quality. It is well to inquire of sporting goods dealers as to local restrictions. Many old-timers consider March, October, and November the best clam months, especially November.

The first clams we dug were the soft shell or mud clams. They are found in beds in the mud flats along the bays and rivers at low tide, and usually in large quantities. They can be located by small holes in the mud. After crushing several clams we learned to dig to the side of the holes. They are buried about a foot in the mud.

These clams are easily cleaned and make fine chowder. They can be opened by slipping a knife between the shells at one end and bringing it around to the other end, thus cutting the muscle that holds them together. Cut off the end of the neck, split it and peel off the outer skin, remove the dark part of the stomach, and the clam is cleaned.

The next clams to which we were introduced were the hard shell or Quahaug clams which are sometimes found in the same localities as the mud clams except that they prefer gravelly or sandy formations. They are also found along rocky beaches in gravelly crevices. The same small holes locate hard shell clam beds. Where they are found in large quantities we consider a rake the best thing to use in getting them. They can also be dug by hand as they are usually only a few inches beneath the surface. This is the variety most commonly used by campers for clam bakes as it is not necessary to clean them before baking. The clams in their shells are baked in the camp fire. If chowder is desired the whole clam is dropped for a minute into boiling water. They are then easily opened.

But the choicest clams of all to our notion are the big razor clams which are found on wide sandy beaches at extremely low tide. They have very sharp shells and require some care in the handling. They are also located by the little holes they leave in the sand and are buried about a foot in the sand. They are cleaned in the same way as the mud clams, but it is not necessary to skin the necks. They are delicious in chowder, baked, and fried.

The large Empire clams come next to the razors in our estimation. To our knowledge they are found only on Coos Bay, Oregon. They sometimes attain a weight of four or five pounds. They have very large necks which can be made into steaks by scraping off the rough outer skin and splitting. They should be well pounded, dipped into flour or corn meal, and fried until crisp and brown.

These clams are opened and cleaned the same as the others except that the necks need to be scalded before they can be peeled. They are located by very large holes in the sand.

If you are interested in obtaining information on canning clams, write to the extension department of your state college for a bulletin giving complete directions.

Pacific Coast Clam Chowder

1 pint of clams
3 medium sized potatoes
2 slices of bacon
1 small onion
1 tall can of evaporated milk.
Salt and pepper to taste

Grind the clam necks in a meat grinder, cover them with water and bring to boiling. Simmer gently until tender. Meanwhile, dice or slice the potatoes, cover with a quart of water and boil until done. Add the cooked clam necks and the uncooked soft bodies, and boil together. Cut bacon and onion fine and brown lightly in a frying pan; add to the potatoes and clams, add the evaporated milk and seasonings to taste, boil a minute or so, and remove from fire.

This chowder is a meal in itself and usually proves sufficient for 6 or 8 persons, for either lunch or supper.

Baked Clams

1 pint of clams
Several slices of bacon
Crackers, rolled fine
1 pint of milk
2 eggs, well beaten
Salt and pepper to taste

Grind clam necks, add milk and bodies, and stir in cracker crumbs until the mixture is thick enough to drop from a spoon. Add the beaten eggs. (More eggs may be added if a richer mixture is desired; 6 or 7 eggs make a very fine, tender dish.) Pour into a buttered baking pan, lay strips of bacon across the top, and bake in a moderate oven (375 degrees) about 30 minutes. For fried clams, make the same mixture as for baked clams, drop by spoonfuls into a hot frying pan containing hot oil or butter, and brown well on each side.

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2 tablespoons Globe "A1" Oil
2 tablespoons sugar • ½ cup milk

Mix all together and knead well. Roll out to ¼ inch thickness and cut with large biscuit cutter. Oil the tops of half of them and place the other half on top. Bake in a hot oven 450 degrees for 12 minutes. Separate biscuits and fill with any fresh fruit, put on tops and cover with sweetened fruit and whipped cream.

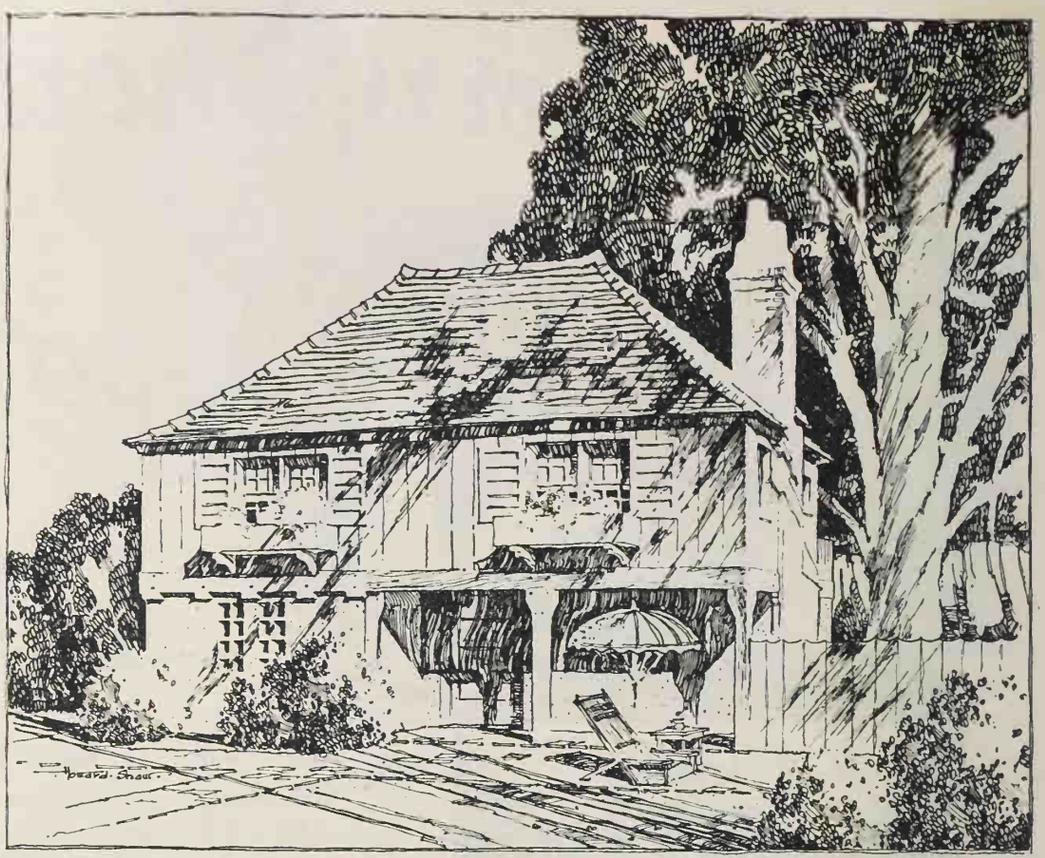
GLOBE "A1" PRODUCTS MAKE "A1" COOKS

A Two-Story Beach House

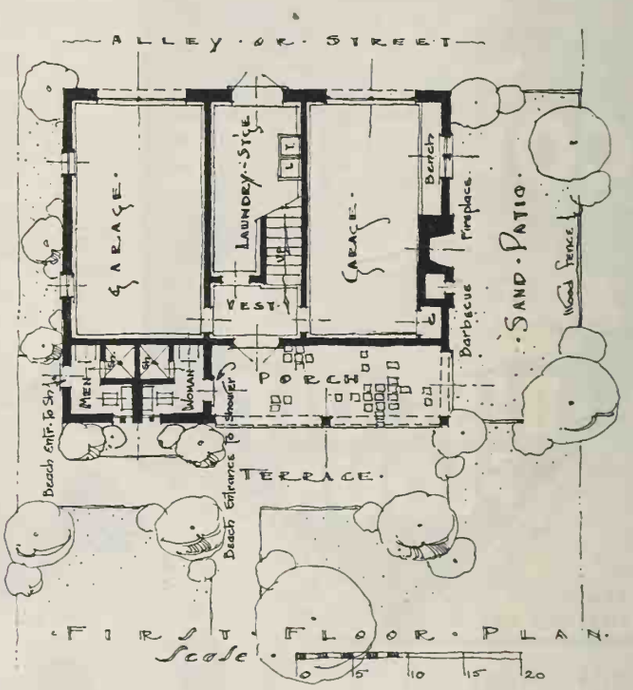
Third in a Series of Beach House Designs

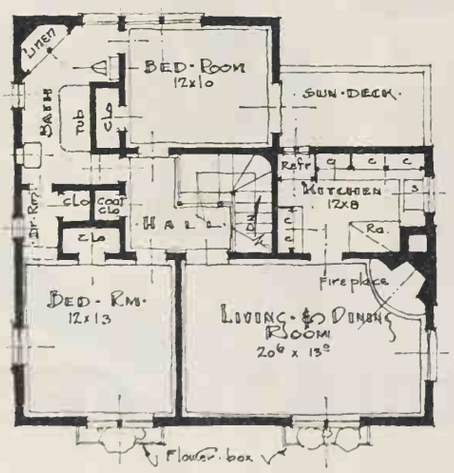
by

HOWARD I. SHAW



IN the April issue, Howard I. Shaw went thoroughly into beach houses and their construction. Illustrating that article were two one-story beach houses. This month we present the third type—a two-story dwelling with garage below and living quarters above. The first story walls are of rough textured, light brown plaster. The second story is of redwood, left natural. The shingle roof is also left natural. All posts, beams, and sills to be of rough sawn oak. Various color combinations may be enjoyed on shutters, trim, door and so on. A shaded tile porch opens onto the terrace and the entirely inclosed sand patio with its fireplace and barbecue. Window boxes filled with gay geraniums and marguerites add color to the picture. A practical, interesting type of beach house, particularly suited to the small beach lot. Not an expensive house to build.





The interior arrangement is attractively compact. On the first floor the laundry, storage and showers make housekeeping of the second floor a simple matter. In these downstairs rooms the walls are plastered and painted. Upstairs the walls of kitchen and bath are painted, while hall, stairway, living and dining room have walls of knotty pine. Bedrooms are papered in gay colorful patterns. Both bedrooms have cross ventilation. The sun deck provides space for cots in case of extra guests. The kitchen is well equipped and convenient. Living centers in the living-dining room which looks to the sea, a room made more interesting by the corner fireplace and gay window boxes. Furniture for the beach house should be light, comfortable, and informal. Colors should be clear and in harmony with white sands and blue ocean.

apex

A NAME TO REMEMBER

When Pride in Home Moves You to Buy a New

You open the door to welcome the Browns for an evening at bridge.

But . . . is your welcome tempered by the fear that your living room isn't entirely free of partly hidden dust . . . or that the salad won't be properly chilled, or the napery snowy white . . . or even that you, yourself, will become tired before the evening is over?

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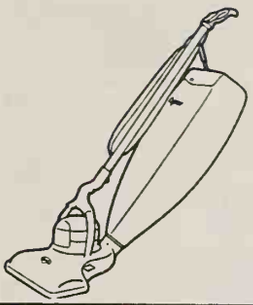

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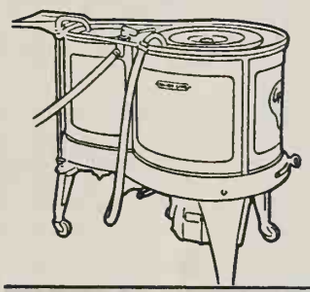

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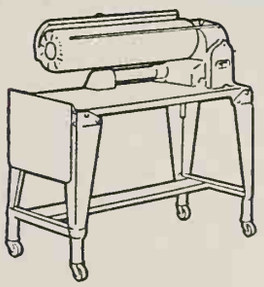

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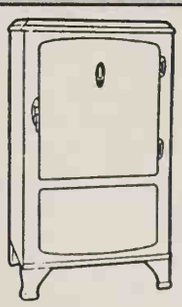

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PHOTO BY HORACE BRISTOL

A Garden in Your Heart

An Interview with Mrs. Henry A. Whitley, President of the California Spring Blossom and Wild Flower Association, by EDITH BRISTOL

IF you have a garden in your heart, you'll have a garden in your home. There, in a single sentence, is the garden philosophy of Mrs. Henry A. Whitley of San Francisco, president of the California Spring Blossom and Wild Flower Association.

"If you have room for only a window box filled with bright petunias, and you love those petunias—then you are a gardener," Mrs. Whitley mused as we stood before a high, wide window of her Broadway drawing room overlooking the Golden Gate.

Beneath us lay the garden-dotted district of the Marina. Across the blue panorama of San Francisco Bay stood forbidding Alcatraz, and beyond, the green and graceful hills of Marin County.

For the garden lover who lives in an apartment, for the out-of-doors gardener who has only a small plot of ground, or for the aspiring gardener who would have growing things around her and has limited time and money, Mrs. Whitley's first, prompt suggestion is cacti and other succulents.

Succulents are a very special hobby with Mrs. Whitley, and every time she drives to Palm Springs she brings back another specimen of cacti to add to her collection growing in the glass-enclosed room that opens from her eight-floors-up drawing room in one of the community-owned apartment houses that rise imposingly on Broadway.

"To me the cactus has always been a beautiful thing," said Mrs. Whitley. "I have watched it emerge from its former classification as a nuisance and a pest to its present place in the sun."

"Long before cacti became the vogue," she went on, "I admired their strange, rugged beauty. As long ago as 1912—before the discovery that the cactus was a decorative plant—I visited the California desert, took home some specimens to New York, which was then my home, and promptly proceeded to kill them by too much water.

"For the gardener who would express a love of plants and who has limited space for his garden," Mrs. Whitley advises, "I can think of nothing that is more satisfactory than a collection of these picturesque, often grotesque plants of the desert."

A PLEA FOR COMMON FLOWERS

Mrs. Whitley is an eloquent pleader also for gardens filled with the old-fashioned, homely, simple flowers of earlier days. It is the "common" flowers that she loves best and in speaking of them she calls them by their familiar, every-day names, carefully avoiding technical and botanical terminology.

"The yellow and white marguerite," she suggests, "really should be San Francisco's chosen emblem. It grows perfectly in the San Francisco climate. It is easy to start, easy to grow, makes a showy bush in the garden, and cuts well for decorative effect inside the house. Altogether, the marguerite is a constant delight."

"Don't think that marguerites are 'common,'" added Mrs. Whitley. "They are not common enough. All too few gardeners realize this flower's possibilities."

The fuchsia is another of Mrs. Whitley's favorites.

"You'll have to be a little more careful with the exotic-looking fuchsia than with the sturdy marguerite," she counseled, "for the fuchsia is a fastidious lady in her bright petticoats and gay bodice. She doesn't like to be exposed to the wind, and so you must place her against a sheltered wall. But you may get delightful color effects and find the cultivation of the fuchsia a genuine joy."

Aims and accomplishments of the California Spring Blossom and Wild Flower Association are near and dear to Mrs. Whitley's heart.

"Members of the association try to put into city living the neighborliness of small town and country gardeners," she explained. "The sort of camaraderie that develops when gardeners lean across picket fences to exchange slips from favorite plants is our ambition. We have no picket fences, to be sure, but we do have favorite plants. And through our association and its interchange of ideas and slips and seeds and plants we are maintaining that spirit of close relationship that belongs to gardens and gardeners."

One bit of sound advice to all garden groups and garden movements Mrs. Whitley volunteers, basing her admonition on the success of the California Spring Blossom and Wild Flower Association.

"Don't try to cover too much territory," she cautioned. "If your idea is to be a garden club, then be a garden club. Don't allow yourselves to be side-tracked into (*Continued on page 61*

There never has been anything like it

Golden State menu flashes
LOTS OF GOOD IDEAS FOR THIS WEEK!
Asparagus and drawn butter—new potatoes and cream—fresh rhubarb pie—spring lamb with mint sauce—boiled striped bass with egg sauce—ready-to-serve cereal with strawberries and cream—fresh new spinach with butter and lemon juice.

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Good news travels fast. Everybody is coming in contact with the exciting, up-to-date information about meal-planning in Golden State Menu Flashes.

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You get the last word about what's in market — what is plentiful — what is unusual. You will get recipes — tested and easy-to-follow — for using these foods. Above all, you will get definite ideas about meals — how to fit your recipes in menus so the result will be economical, satisfying, different and balanced.

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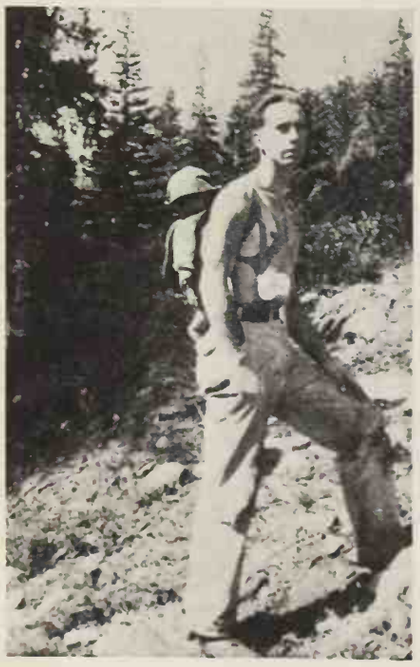
Camping with a Little Fresh Heir

by

LETA FOSTER IDE

I HAVE an idea that the medical profession might disapprove of a camping trip for a baby. But upon finding themselves with a vacation *sans* salary, a six months' old son, a dilapidated coupe, and almost exactly no money, what is a young couple to do? The medical profession might make the wry suggestion, "Stay at home." Here is what we did.



We wanted to visit the Tahoe country. About three months before our vacation we wrote out menus, complete with recipes and the exact quantities required, for every meal to be eaten on our trip. From this we compiled a list of all the supplies we would need, and posted it on the kitchen wall. From time to time as the items were on sale, I bought them, a few each week, out of our regular grocery budget. As I acquired each article I put it in a big box in the basement, and crossed it off the list. Thus only the perishables were left to be purchased at the beginning of our vacation.

In making these menus we took into consideration that our vacation was scheduled for the first two weeks in August, and planned our fruits and vegetables accordingly. We took cantaloupes for the first five days; after that, oranges and grapefruit. We had eggs for breakfast the first week; the second week we had cereal and hot cakes. Our desserts were mostly fruits, fresh at first, and later, canned; and just before we left I baked a large cracker box full of cookies. Canned pureed vegetables were taken for the baby. We also had vegetables every day, either fresh or canned.

•

The photographs accompanying this article should be sufficient proof of the freshness and good sportsmanship of the little fresh heir

I stress this matter of menu planning in advance because I feel that it added greatly to the success of our vacation. It made it less expensive; our small car was not overloaded with unnecessary groceries; we had carefully planned, well balanced meals throughout; and we were relieved of that eternal question, "What shall we have to eat tonight?"

Special clothes for the occasion were out of the question. I had two cotton mesh dresses in brown and orange, which washed well and did not require ironing. We took our swimming suits. My husband took two old chambray shirts and a pair of cords. I'm not recommending these outfits as ideal for hiking and camping, but they were, nevertheless, satisfactory.

For the baby (Nicodemus for short), I made a pair of coveralls out of a pair of old corduroys, a relic of his dad's junior days at the University of California. These coveralls enveloped him completely from the neck down; and they had an overlapping seat so that he could be changed without undressing him, and so that there were no buttons or heavy seams in the seat of his pants. This was important, as he spent most of his vacation on his dad's back in an old army knapsack.

We took the knapsack apart. In the larger bag we cut holes for Nicodemus' legs, and a hole in the top for his head. Strapped securely to his dad's back he was very comfortable, and slept peacefully through some strenuous mountain climbing. The upper (*Cont'd on page 39*

FREEDOM from coaxing your children to eat! Freedom from worrying about their diet! That's what you'll enjoy every day you give your youngsters Kellogg's Rice Krispies.

The way Rice Krispies snap, crackle, and pop in milk or cream always makes a hit. It's a sound that seems to say —"Listen, *get hungry.*" You'll get a real thrill watching children listen to this invitation and then eat those toasted rice bubbles with zest.

Kellogg's Rice Krispies are one of the best cereals for children ever made. Tempting. Nourishing. Yet so easy to digest, they do not overtax. They invite restful sleep when served at the nursery supper.

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Attention! — get hungry

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An adventure cruise above the Arctic Circle to the edge of the polar ice-pack. See primitive Eskimoland . . . bleak Siberia . . . follow the footsteps of famous explorers. Ask about the Arctic Cruise—1934's outstanding travel event, at surprisingly low cost.
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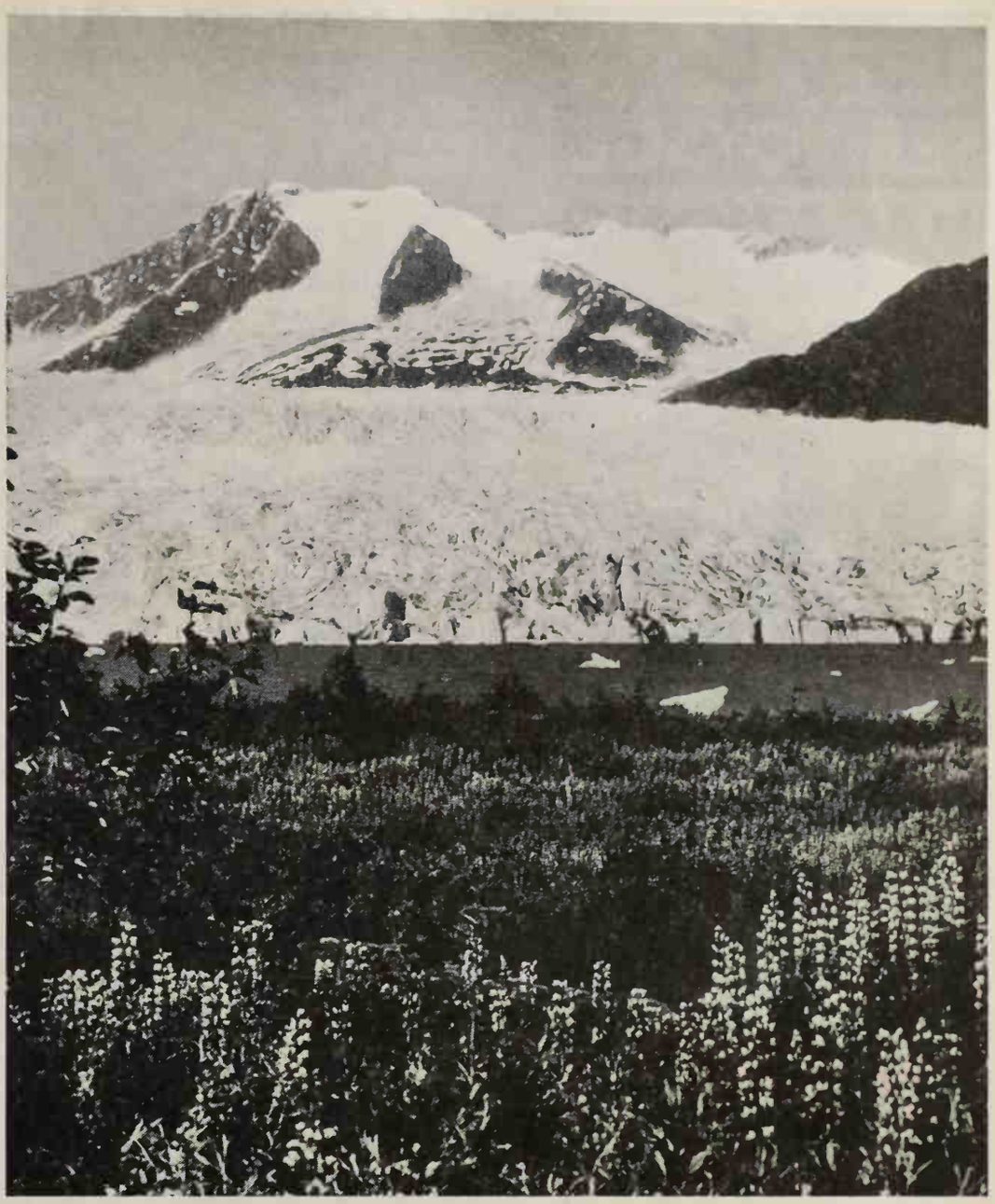
TRAVEL & OUTDOOR LIFE



"In Alaska wilds where caribou call"

Conducted by HELGA IVERSEN

LAND of contrast, some call it, but we like to think of Alaska as a land of blended beauties—austere mountain tops of white lost in clouds, and melting into wooded glades; summer wild flowers blooming in profusion against the background of a gigantic glacier; "cloudbergs" and icebergs; and beauty constantly reflected in the unruffled surface of glacier fed lakes. To know Alaska in the summer time is to know Nature in her most prodigal mood. Alaska is not only scenery, but it is history. The Russian influence of early Alaska is still to be seen in some of the buildings; the tribal customs of the Alaska Indian are the same now as when that great expanse was a pristine wilderness to the white man; remnants of history still live to bear out the story of Alaska's first rush—a rush for furs, not gold. Then came the discovery of the yellow dust, and the history-making era. But still this vast land remains America's last frontier.

The trip to Alaska by steamer up the Inside Passage over smooth glassy seas is a veritable cruise through mountains and past glaciers, every mile a new scene. It is one of the few ocean trips where every moment is filled with scenic interest. There is rail and river boat service from Skagway, making it possible to explore the interior of Alaska and the Yukon in a few weeks, and a circle tour can be made to go up into the Arctic Circle and down through Fairbanks and McKinley National Park and back to Seward to embark for home. Climate? From May to September the climate is temperate, and no special clothing is needed other than a light topcoat or wrap for wear on deck of an evening.

On the subject of Alaska, "Follow Famous Footsteps" is the title of a new travel folder just issued, outlining one of the most outstanding and unique cruises of the year. Adventure and romance follow those who sail from Seattle on the 26 day cruise into northern waters of Alaska; across the Bering Sea, above the Arctic Circle, to the very edge of the Arctic ice pack. The cruise is truly an adventure and exploration cruise to far-flung outposts of civilization where the traveler can barter first hand with the Eskimos and Indians for precious carved ivory, basket work, and lovely furs. Many special surprises have been planned for the cruise guests in the tiny villages that will be visited on the trip. A special ship is being outfitted for this voyage, and only a limited number of passengers can be accommodated —so get your reservation in early! The rates are reasonable and include all

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Travel Bureau, Weinstock-Lubin Co., SACRAMENTO
or write 311 California Street, SAN FRANCISCO

THE ADMIRAL LINE

expenses of the trip, which has been planned to leave Seattle some time in early August. Write the Travel Service Department for descriptive folders.

Cruising the Mediterranean

LAST year it was a Mediterranean Cruise that intrigued us so much, and we didn't possibly see how such a cruise could be improved upon. It was adventure from beginning to end. But here comes announcement of a 1934 Cruise sailing from New York that will include not only Mediterranean ports in the itinerary, but also Norway and other foreign ports. The first class fare of $525 includes all shore excursions and expenses of the trip. When we get news like that, we want to go right out and buy a megaphone. Sailing from New York on July 4 the Mediterranean is first—Madeira, then to Spain, over to touch Africa, then to Italy and Monaco, that tiny principality of gambling fame on the French Riviera. The cruise ship then goes on to Holland, Denmark, Sweden, Norway, back to Scotland, France (with only $10 additional for a 4-day trip to Brussels and Paris, including all expenses), England and home, arriving August 27. Imagine a big liner, a load of congenial fellow passengers, the gayety of shipboard life, and then the foreign countries you'll see, and the things you'll do! After all, $525 for this cruise *is* something to write about. Send for an illustrated booklet of the cruise.

So You're Going To Europe

IF your plans for a European trip are not yet definite, send for a copy of "Suggestions for Individual Travelers in Europe—Where, When and How to Go," enclosing a three cent stamp with your request. This is the 1934 tour booklet on Europe and contains excellent and helpful information. Be sure to specify what countries you wish particularly to visit.

We have also been hearing a great deal about European travel being higher this year due to the capers of the American dollar, but from comparing steamship fares and travel rates through Europe, we conclude that even a capricious dollar can't affect the pleasure of a European summer. Steamship fares remain the same; hotels and railroads abroad are doing everything possible to par rates. The net result shows that while in 1930 you paid $485 for a trip to Europe (from New York) with three weeks on land, in 1934 you can do it for $512. If you have definitely planned to go abroad this year, a small deposit will assure you of the travel company's guarantee to protect you at present prices even if the dollar should fluctuate. Rail travel in Great Britain this year will be cheaper than any year since the war. A penny a mile on round trip tickets will be the average cost. Land cruises in England by first class rail and motorcoach travel, to include sightseeing, hotels, meals, tips, free admission to principal sights, have been planned from May to September. In Berlin the price of your hotel room includes all taxes, service and tips, and your restaurant check adds 10 per cent for the waiter (the practice in a number of foreign countries). Every foreigner entering Germany is entitled to a 25 per cent reduction on his rail travel, and if Oberammergau is included, a one-third reduction of the entire mileage is allowed.

Vagabond Voyage

Travel Editor, Sunset Magazine:

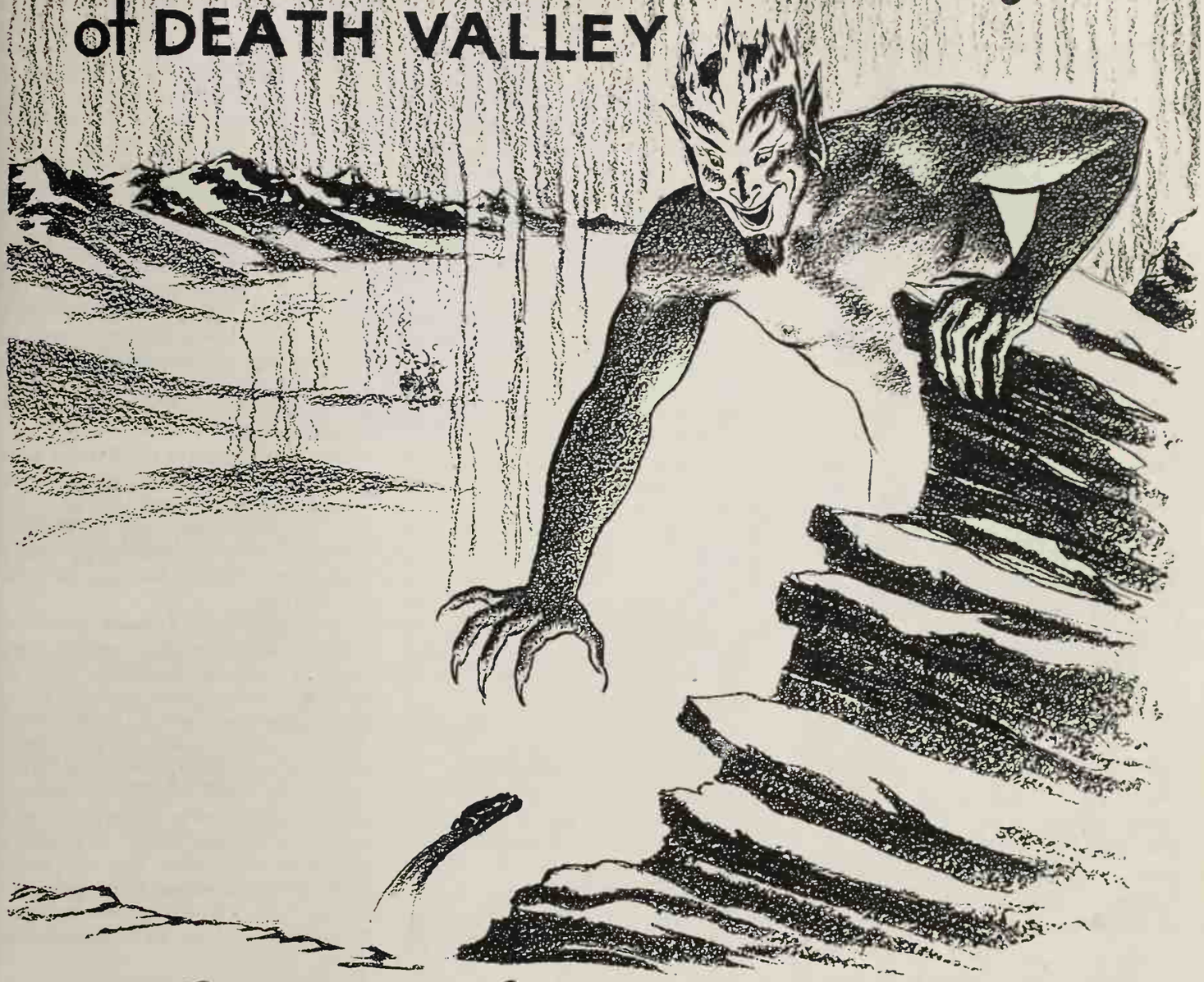
I am looking for an inexpensive trip that will give me a restful ocean voyage; a trip where I know I won't have a great many additional expenses outside of the fare. My time is not limited, but finances are somewhat—$200 or so will be all I want to spend. Have you any suggestions?—A. B., San Mateo, California.

How would you like to go vagabonding down the West Coast of Mexico—by way of Ensenada on the Bay of Todos Santos; to Mazatlan where 1 o'clock is 13 o'clock and time really doesn't matter; to La Paz on the southernmost tip of Lower California; to Guaymas, Manzanillo, Acapulco (connected with Mexico City by an excellent highway); La Ventosa and such foreign ports where life is the casual life of Mexico, where you can while away the hours in sun-splashed patios, stumble across cobbled streets, and laugh at funny lop-eared little burros? A newly inaugurated service from San Francisco and Los Angeles provides sailings down this route about every three weeks, on ships that carry a limited number of passengers. The voyage in full takes 40 days, the cost is around $200. A descriptive folder has been sent to you.

Vacation Reminders

IF you don't like traveling tourist or cabin class on a two-class liner, remember there is a good one-class service sailing from Portland for the Orient, returning via San Francisco. Rates are reasonable. (*Continued on page 30*

TORTURE TESTED..in the Flaming Maw of DEATH VALLEY



A thousand miles, non-stop, in low gear in sizzling Death Valley in mid-summer... every reaction and performance constantly recorded by unfailing instruments.

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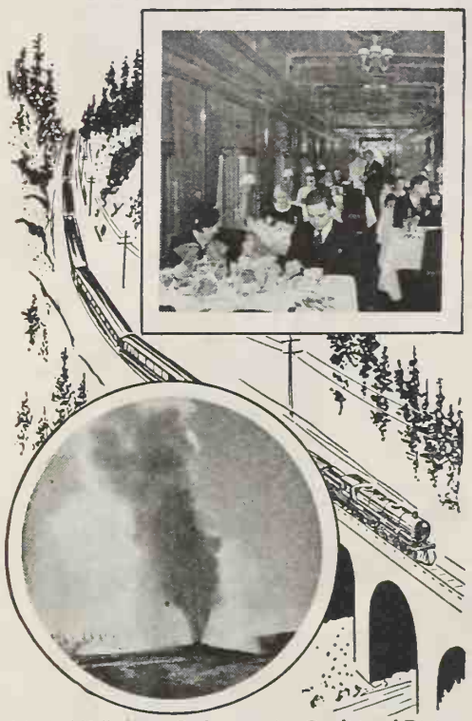

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LOW Round-Trip FARES (May 15 to Oct. 15) to Chicago from San Francisco; $57.35 in coaches; $68.80 Tourist; $86.00 First Class. Return limit Oct. 31.

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TRAVEL & OUTDOOR LIFE

Speckled trout fishermen will be interested to know that Jasper Park Lodge in Jasper National Park, Canada, will be open June 15 to September 23 this year. Interesting experiments in fish culture are going on at Maligne Lake in the Canadian Rockies. The annual golf week at Jasper will be from August 26 to September 1 when the Totem Pole tournament and other competitions will be played. Jasper National Park is an interesting side trip on the way to Alaska or return.

"Vacationing in Canada" is the name of an excellent book covering the provinces from the vacationists' standpoint. The book gives regulations for entering Canada, as well as motoring, fishing and game information. The Travel Service will be glad to see that subscribers receive a copy of this book, merely by sending a three cent stamp.

It is now possible to sail from New York to South Africa by steamer, fly over the remote jungle and big game reserves of Africa, return to Cairo and Naples by air and rail, and back to New York by steamer in 6 weeks. "Seeing Africa from the Air" cruises will be monthly events.

Going camping? A three cent stamp will bring you a "Camp Food List," an authoritative list of supplies required by two persons on a two weeks' camping trip. And while we are on the subject of camping we want to pass along one of the good ideas submitted by a fellow camper who enjoys the great out-of-doors each summer and who has doubtless worked out plenty of camping problems. Mrs. J. R., of Carlsbad, California writes, "Last summer we discovered a grand dining room comfort for our camp. We use a large lawn umbrella over our camp dining table, inserted through a hole in the center of the table and then stuck into the ground to hold it steady. Occasionally a blue jay or a summer fly would come to investigate among the dishes. To keep them out of our 'dining room' we purchased enough mosquito netting to gather all around the outside of the umbrella. A string is run through a heading and drawn tightly enough to keep the netting from slipping off. It hangs down around the sides to the ground and wards off any unwanted winged visitors."

Don't forget to take two bathing suits or shorts on vacation if you go to the tropical regions—Hawaii, Panama, etc. You will find them such daily companions that one suit will hardly be dry before you will be wanting to take another dip.

As though New Zealand and Australia (via the South Seas) need an extra incentive, reduced excursion fares go into effect for vacation season. From the first sailing on May 29 to the last on August 21 a three month round trip summer ticket is available both first and cabin class. The round trip can be made to Australia and back in 46 days, but we'll wager you will stay longer. If you have ever heard the call of "coo-ee," which in Australian aborigine language means "come," you will understand our wager. Write the Travel Service for information

Along the Coast Highway in Oregon

Vacationing . . . A RIGHT AND A WRONG WAY . . . BY JOSÉ CONCHA

"You sure were on the right road??"
"Pullease! Dear!"
"I! Sleep there!!
Why did I ever leave home?!?"
"Honeysuckle, I was sure there'd be cabins"

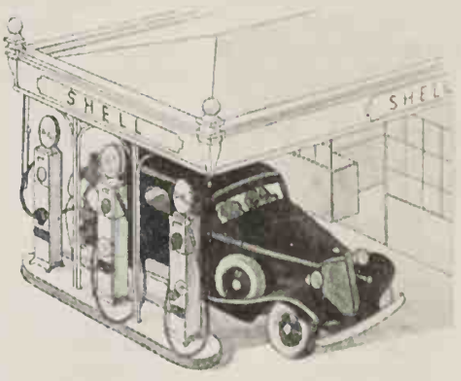
Get free Shell maps and avoid such arguments. Shell stations have wonderfully complete State Road Maps, Downtown Maps, In-an'-Out-of-City Maps.

[If you want special help in planning your vacation, write to Shell Touring Service, Shell Building, San Francisco, Calif.]

Since ladies are this way, Shell has published Auto Cabin Directories for the main routes in California, Oregon, and Washington. They tell exactly where you'll find cabins, give rates, accommodations, everything. Your copy is free at Shell stations only.

AS YOU TRAVEL USE THIS AMAZING BOOK!

Shell's Finger-Tip Travel Information book describes points of interest; covers routes, distonces; lists resorts and hotels, gives rates, covers fishing, hunting, swimming, oll sports; in fact, has the onswer to olmost any question you could ask. (Availoble for reference ol Shell stations only.)



Whether you need gas or not, you're always welcome here (and pleose don't be afraid to osk us questions)

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. . . the wonder cruise

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● *past snow-crowned peaks . . . and*

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NOT a dull moment — in this 9-day Alaska cruise. You sail serenely over the sheltered Inside Passage. See grotesque totems,—glaciers that sparkle and crackle in the dazzling Arctic sunlight. Call at fascinating Indian villages — at mining towns — at Juneau (don't miss the Mendenhall Glacier) — and at Skagway where the thrilling "Trail of '98" begins. Two sailings weekly from Vancouver. Through rates and convenient connections from all Pacific coast cities. Include the Canadian Rockies in your trip. Write for illustrated booklets.

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TRAVEL

on rates and sailing dates to suit your convenience.

From all we have been hearing in the various steamship offices these last few weeks, we want to pass along a word of warning to our readers. Get your reservations in early! Ships are being booked full months in advance and unless you make plans now, you will find the ships sold out by the time you are ready to leave.

Tour Through Yellowstone

Travel Editor, Sunset Magazine:

I have in mind a tour through Yellowstone National Park this summer, but have no idea what the cost will be. We plan to take the train from here to the entrance of the park. Any literature or rates you can give will be helpful.—M. H., Los Angeles, California.

There are tours of various lengths through the park from the different entrances, and the rates vary according to the length of the trip and the type of accommodations used. For example, a three and a half day tour through Yellowstone by motorcoach, including all expenses of sightseeing, accommodations and meals, will be $39.50 if you stop at regular camps; or $48 if you stop at hotels in the park. This gives a general idea of rates, and the folder we have sent contains additional information. Rail and motorcoach tours begin about June 20 in Yellowstone.

Nevada Wonderland

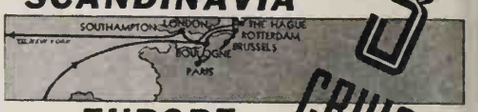
Travel Editor, Sunset Magazine:

Would like one of your road maps. I am particularly interested in travel in Nevada. It is a State little known, but I happen to know something of the beauty and wealth it possesses. I see your mention of other states, but you have not said much about Nevada.—A. L., Olympia, Washington.

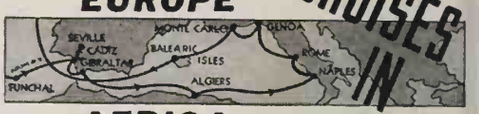
Our subscriber is quite right about Nevada, and that state should have her laurels sung just a little louder. It is an interesting state of untold beauty. An artist friend of ours finds a wealth of material for sketching in the smaller towns that are now mere relics from the days of the Comstock Lode; another friend tells tall tales about his fishing in Pyramid Lake (where they catch the largest trout in the world!) and of course each year there is an increasing number of those addicted to the old western sport of dude ranching. But that isn't all Nevada has to offer—Nevada has majestic mountain ranges, colorful deserts, and lakes of indescribable beauty. From the modern city of Reno a 35 mile road takes the tourist to Pyramid Lake, which is guaranteed to startle even the most casual traveler.

Mediterranean-Norway

SCANDINAVIA



EUROPE



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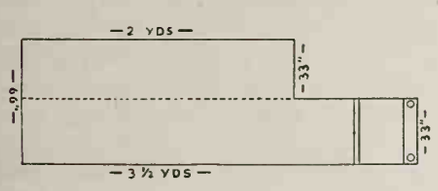
Our Home-Made Sleeping Bags

ONE of the most important things in making a sleeping bag is to make the bag six inches longer than the person is tall. That is, if you are five feet six inches tall, make your bag six feet long and for the tall man of six feet, the bag must be six feet, six inches. The body takes up the length and to be comfortable the bag must come well up around the shoulders.

For the person of five foot, six stature, procure five and a half yards of shelter tent duck, government drab. This comes 33 inches wide. Cut one length two yards long which leaves another length of three and one-half yards. Sew the two pieces together lengthwise so that one side of it will be a yard and a half longer than the other. This leaves a 54 inch canopy for the head. Make a hem about two inches wide on the end of this canopy.

Baste and stitch onto this, leaving the 54 inch piece free, a lambs' wool comforter 66 inches by 72 inches. This is the regulation length that is sold ready made in the stores. It will fit perfectly. (If you are making a longer sleeping bag you will have to buy some wool by the bat and cover it and piece out the comforter). Use No. 20 cotton thread on your machine, it is quite heavy and easy to sew with.



When this is done, baste and stitch a 105 inch zipper on, beginning at the center seam across the bottom and up the sides. This will be easy to handle if you put a fairly large table under your sewing machine leaf.

At the head, six inches from where the comforter ends, have four gromets put in, two on each side, an inch and a half apart, then 30 inches from the top of the comforter sew a strip three inches wide across, through which a stick can

Nowhere but in the South Seas can such an array of diversions be compressed into a single summer vacation. Playing, resting, romancing on a Matson-Oceanic ship of sport-and-splendor. Wringing the last drop of pleasure from sun-flooded, sea-crisp days and moon-silvered nights on an opal ocean. Then more days and nights, as active or as lazy as you please, in play-and-languor-loving Hawaii. Only five days from California to its eternal May-time loveliness, forever cooled by fragrant trade breezes. At a low cost that urges "set sail."

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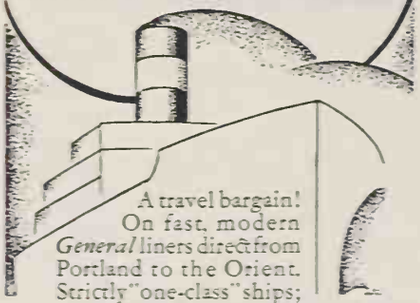

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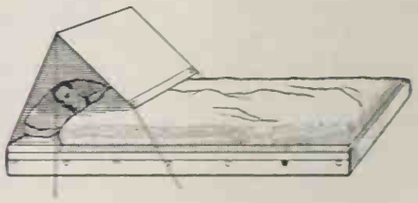
be run and at the very end of the duck, place two gromets. The store from which I purchased my canvas, put the gromets in for nothing. Tie a tape or small rope about 20 inches long into these last two gromets. When the bag is on the ground drive a twenty penny nail through each of the two gromets nearest the head, staking it down. Cut a stick 40 inches long to run through the strip that you sewed on 30 inches down. Put a small screw eye in each end of the stick. Then make two uprights 18 inches long. Into one end of each of these uprights put a small brass screw, the head of which must protrude one-fourth inch in order to slip through the screw eye in the cross bar. Run the long stick through the slot in the canopy and fasten the two uprights onto them by hooking the screws into the screw eyes. Stake the two pieces of rope out from the sides and down to the ground. This will form a canopy for the head.

FOR THE EXTRA BLANKET

If you want an extra blanket, a very simple way to hold it in the bag is to first fold it lengthwise together and stitch across bottom and up the side a yard from the top. The 36 inch opening, face with tape in one continuous piece and fasten together with snappers. At the bottom where the blanket is sewed together, sew a piece of tape five inches long on either end and in the middle. Also, sew three corresponding tapes on the woolen comforter and tie together.

If you wish to use an air mattress, you can make a container for it on the bottom of your sleeping bag. Obtain two and five eighths yards more of the duck. Cut one piece two yards long. Cut the remaining five-eighths of a yard into 4 inch strips and sew together in one long continuous strip. Take 3 5 6 yards of this strip and sew one edge to the bag and one edge to the two-yard piece, on three, sides leaving one long side open in which to slip the air mattress. Now cut two lengths two yards long allowing for an inch hem at the end, and make a hem an inch wide on each strip, lengthwise. Sew one of these strips onto the edge of the sleeping bag and the other onto the two yard length of duck and fasten together with seven No. I snappers. Be sure to sew the mattress container



onto the long side of the sleeping bag, which is the bottom. If you know that you are going to use an air mattress at all times this extra box-like container may be stitched onto the canvas before the two strips that make the bag are sewed together. See illustration for completed bag.—Mrs. Henry A. Iden.

Editor's Note.—Mrs. Iden tells us that this bag, when finished, cost a little less than ten dollars. If you prefer not to make your own, excellent ready-made sleeping bags can be purchased for less than twenty dollars.

Map of Alaska

Another humorous map makes its appearance. Done in color on good firm stock, the map (22½ x 30) depicts the interesting features and historical background of Alaska as seen by the tourist who sails from Seattle to Skagway, then goes inland by rail, up the Yukon by river boat, and down to Seward and home. Send ten cents to the SUNSET Travel Service Department and a copy of the map will be sent you.

Roads in Glacier

Travel Editor, Sunset Magazine:

Your note about the possible road between Banff and Jasper was interesting. Is this road open yet? and what type of road is it? Could you please tell me also if there is a good road from Glacier National Park to Banff and Lake Louise? Any booklets you can send will be helpful in planning our trip.—F. S., Palo Alto, California.

There is a good road from Glacier National Park to Lake Louise and Banff via Calgary. If you approach Glacier from the Belton side you can then drive through the Park on the Going-to-the-Sun Highway, one of the most spectacular pieces of highway in the Northwest. The road from Glacier to Calgary and from Calgary to Lake Louise and Banff is a good road, partly hard-surfaced and partly a gravelled road. From Banff to Lake Louise the 40 mile road is a first class gravelled road with easy grades. From Lake Louise the new road to which you refer is completed only about 16 miles. There is a section of about 95 miles on which work has not yet started, and no definite time is set for its completion. There are 40 miles from the Jasper end of the road finished already. Practically all motor roads in the national parks of Canada are easy grades and all roads have been surfaced with gravel and smoothly finished. We have sent you a card showing where booklets on the Canadian Parks may be obtained. *(Continued on page 36*

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Mail the coupon below for a picture book of facts—where to go and what to see while you are here.

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For literature and information ask any travel bureau, automobile club or see FRED L. NASON, *Canadian Pacific, 152 Geary St., San Francisco or* W. MCILROY, *Canadian Pacific, 621 S. Grand, Los Angeles*

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For Armchair Travelers

WHILE gypsies used to thrill us, we always had a sneaking suspicion that they were not half as romantic as story books would have them. Then came a man with a real adventure book about them. A university professor with a penchant for music, fiddles his way through Gypsy Land and becomes one of them, traipsing from Hungary to Genoa, to Budapest, Transylvania, Bucharest, until the very songs of Romany are ringing in your ears, and a magic violin takes you into another land of communal dances, festivals, and wild abandon. "Raggle Taggle," by Walter Starkie (Dutton $3.00) will make you fairly tingle with the joy of adventure and music!

Out of Doors with J. P. Cuenin

THE average beginner at trout fishing is entirely too careless about approaching a spot where he expects to cast. Fish that have grown to catchable size have done so because they were ever watchful of enemies such as birds, animals, snakes, large fish and anglers,

so the fisherman who shows himself plainly to the trout, or allows his shadow to pass across a spot where a trout is lying, will catch very few fish.

When the sun is low during the early morning or late afternoon, the angler's shadow may extend many feet across the water, particularly if he is on a rather high bank. If he remembers this he will approach a likely place with care so that the sun is not at his back, and if there is no other way except with the sun behind him, he should bend low or take advantage of any screen offered by large rocks, trees or bushes when he approaches the spot from which he is to cast.

BAIT FOR TROUT

While western trout fishermen frequently think of salmon eggs when they have in mind bait for trout, there are plenty of successful anglers who use angle worms. As a lure for trout or any other fresh water game fish, worms should always be near the top of the list, so the man who uses them should have a supply on hand throughout the season.

Here in the West it is sometimes difficult to find the wriggling baits during the summer when the ground has become dry. Of course, even after a long dry period there are moist spots where worms can be found, but to be assured of plenty of bait the angler should provide for himself a large supply when they are easily obtained, and keep them for later use.

Worms can be kept in boxes that are partly filled with a loose loam soil. Cracks in the bottoms or sides of the boxes must be covered with fine mesh wire to prevent the wrigglers from escaping. As food for worms there is nothing better than coffee grounds. The moist grounds, just as they come from the pot after the liquid has been poured off, are sprinkled on the surface of the soil in the box two or three times each week.

Yellow cornmeal moistened with fresh milk is also considered a delicacy by worms. This may be used once a week instead of the coffee grounds.

A freshly dug grass sod placed in the box about once a week will be appreciated by the worms. The sod should be pulled apart and well shaken over the box before it is discarded, for many of the worms will be among the grass roots.

RULES FOR RODS

Good casting cannot be done with a fly rod unless the line fits the rod. A fly rod is a spring that is bent under the pull and weight of the line. If the line is too heavy, which is seldom the case, the rod will not have power enough to throw it, while if the line is too light, which we find to be true probably 90

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Route of the EMPIRE BUILDER
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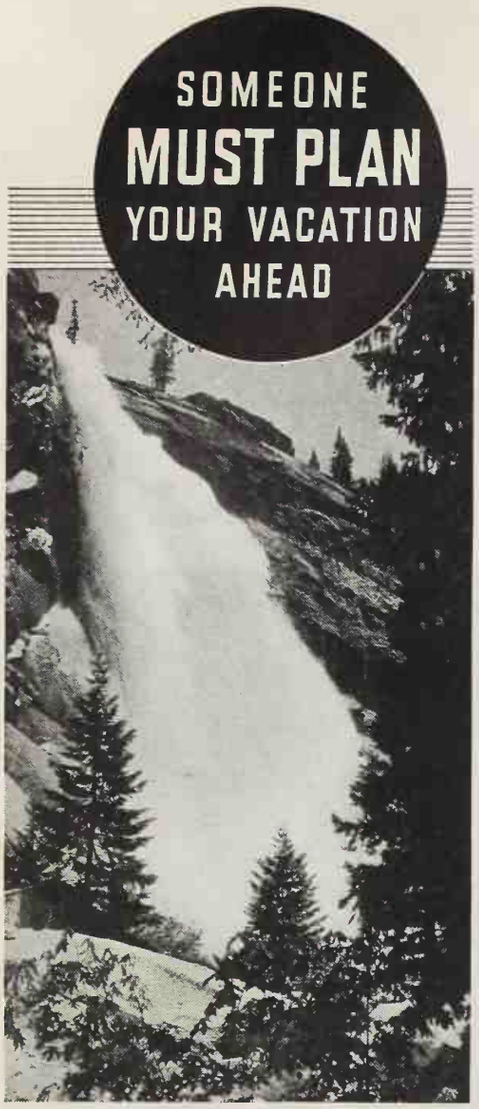

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What of the giant Curry firefall that floats each night from the stars, while you stand in wonderment beneath? Or the outspread system of hotels, lodges, chalets and High Sierra trail camps that bring *all* of Yosemite within easy vacation reach?

What of the specially arranged trips to Mirror Lake, for its sparkling sunrise reflections . . . the starlight concerts . . . the special bears' banquets across the Merced River . . . the host of field trips, pack-trips, hikes and motor tours . . . ?

These all took planning, by someone who knew you would want to come, often — and who built so you would be glad to *stay*. Write to Mrs. D. A. Curry, Manager, Camp Curry, Yosemite National Park, California, for folders picturing one of America's *all-around* vacations.

MRS. D. A. CURRY
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Yosemite
AND MARIPOSA BIG TREES

per cent of the time, the full spring power of the rod will not be developed.

While no set rule can be laid down for the fitting of rods with lines, the following will be close enough to help a novice to select a line that will work well on his rod. For rods weighing from 5 to 5½ ounces, in a length of 9 to 9½ feet, a size D line will be better than a smaller one. For rods of the same length and weighing from 5¾ to 6¼ ounces a size C line will usually be needed. For special steelhead fly rods, which may be slightly more powerful than others of the same weight, and if they weigh 6 ounces or more, a B size line will very likely fit better than the lighter C line. For rods lighter than 5 ounces a size E line is suitable.

A large number of the fly lines in use are smaller than size E, and that accounts for much of the difficulty anglers find in casting. Many of the lines found on the average fly rod will be either G or H, and these extremely light lines handicap the caster because there is not weight enough in them to bring out the spring power of the rods.

Trout fishermen usually look forward to taking their fish on flies, but there are times when the water is too high or roiled to make it possible to use the feathered hooks. Under such conditions the small spinner makes an excellent lure, and every angler who hopes to catch trout under any and all conditions should carry at least one of the glittering lures.

For the smaller streams sizes 3/0 to 1/0 will prove effective, and for the larger creeks and rivers Nos. 1 and 2 will get results.

Some trout fishermen who are not successful with the spinning lure might improve their chances of hooking fish by polishing the blades of the spinners. It is the glitter as much as the action of the blade that induces a trout to strike, and in roiled water the fish can see a highly polished blade at a greater distance than when it is dull or tarnished.

The best results can be had with a spinner by fishing it deep, down close to the bottom. To make the spinner sink it is necessary to cast across the current. If the cast is made downstream and the retrieve made up against the current, the spinner will travel just under the surface, while if it is cast across the current it will sink fairly deep.

Camping With A Little Fresh Heir

(Continued from page 24)

and smaller bag of the knapsack was packed inside and out with diapers, a tin cup, two bottles of water and orange juice for Nicodemus, two sandwiches,

When your travels bring you to Los Angeles, live at the Park-Wilshire, on smart Wilshire. Enjoy prestige of address without paying a premium for it.

The Park-Wilshire is superbly located, facing two parks, and close to smart shops, theatres, and everything worth while.

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HERE IS RELEASE from wearisome routine—the soothing peace of the South Seas to solace harried nerves and remodel dispositions frayed by trying days and endless tasks—enchanting adventure to capture anew the thrills of anticipation, the delights of joyous realization. Today, the blue and silver of the silken Pacific. Tonight, the purpled heavens spangled in tropic starlight. Tomorrow, an Eden-like Isle and the age-old spell of pagan harmonies surging with the cadence of the sighing surf.

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From convenient docks in the heart of down-town Seattle, modern Black Ball Ferries serve the entire Puget Sound area . . . Hood Canal . . . Whidby Island . . . Olympic Peninsula . . . San Juan Islands . . . and lovely Victoria. All are reached by this delightful travel way which permits you to enjoy the full glory of this alluring vacationland while you sail over the cool waters of this great inland sea. Exceptionally low fares to meet your travel budgets. Write Black Ball Lines, Colman Dock, Seattle, for FREE descriptive literature of these scenic short-cuts.

BLACK BALL Line
PUGET SOUND NAVIGATION COMPANY

TRAVEL

and two candy bars. This was attached to my belt, and we were all set for a long day in the high Sierra.

Nicodemus' costume was completed by a rooter's cap—another relic of Dad's days at Cal.—pulled forward in front for an eye shade. Besides this outfit, all we took for the baby were two cotton swimming suits, diapers, shirts, just in case we should hit cold weather, and his bath kit.

The baby's basket fitted in the car seat along side of us; and he slept peacefully, or sat up and watched the world roll by as the mood suited him.

A simple schedule made camping with the baby very simple. We arose at 5:30, which is our usual rising hour at home. The first thing was to build a fire and put the baby's bottles, nipples, strainer, orange reamer, and spoons on to boil along with his drinking water. His cereal we prepared at night, enough for several days, and had only to reheat it for his breakfast. While things were boiling, we prepared and ate our own breakfast, packed the lunch, and washed the dishes. My husband did most of this. I gave the baby his bath, and did a daily family wash.

The one thing we forgot to take on this trip was clothes pins. If you are planning a trip with the baby don't forget those. If you haven't a baby you'll find a dozen uses for them anyway.

We were fortunate in that Nicodemus still considered me his meal ticket. I can see no reason, however, why the baby's milk formula could not be prepared for the day just as we prepared Nicky's orange juice and water. With these few simple tasks our camp-keeping was done for the day, and we were ready to hit the trail at 7 or 7:30.

We spent most of our time hiking in the high Sierra. One especially good hike from the Eagle Creek camp—our permanent camp, above Emerald Bay—is the one to the Velma Lakes. The sign reads seven miles, but I am sure that must be as the crow flies. These lakes, a chain of them, are nestled among peaks where the snow never melts. The trail leads over stretches of bare granite sprinkled here and there with lush little meadows of grass and wild flowers when the snow melts in the hollows. A few twisted and deformed trees crouch close to the earth.

At the lakes we put Nicodemus into a bathing suit and he went for a swim. Do not misunderstand me. This boy of ours that we strapped into a knapsack, carried to the top of the world, and dipped into ice water was no downy babe just out of swaddling clothes. He was a tough little veteran when we started. From the time he was two months old we had taken him swimming

JUST THE VACATION you're looking for

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at a rate you can afford

This summer get away from noisy city streets, pressing business worries and the dull routine of everyday life. Fill your lungs with the cool tonic air that sweeps off this pinnacled roof of North America!

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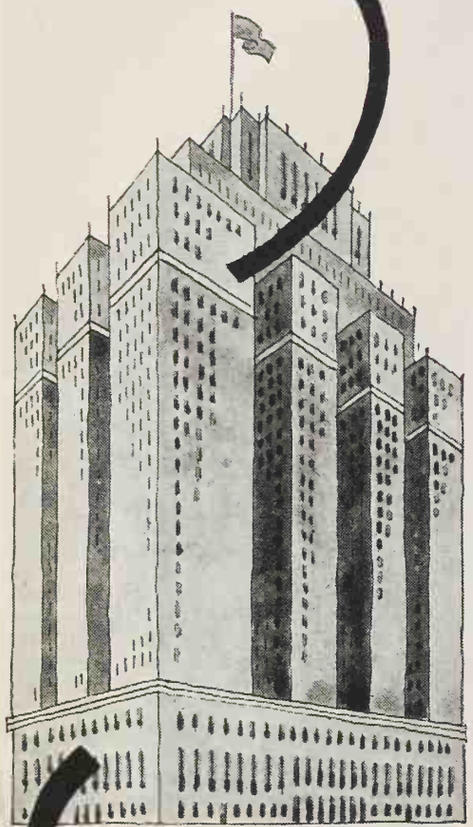

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MICHIGAN BOULEVARD SEVENTH TO EIGHTH STREET

3000 OUTSIDE ROOMS 3000 BATHS

OVERLOOKING LAKE MICHIGAN AND WORLD'S FAIR

TRAVEL

at the local beaches, and he went for cold water like a duck. He had a coat of tan that made his nationality seem doubtful. He had never had a day of illness in his life, and cried not more than twice on the whole vacation.

On Eagle Lake, just above our camp, we built a raft; and spent two mornings pushing it around and wishing we had some fishing tackle and licenses. Those two afternoons we just walked along the highway and enjoyed Emerald Bay from above.

We made about four trips down to the bay, taking a day for each visit. We panned gold in a highly amateurish fashion. So that Nicodemus would not crawl out into deep water while we were swimming and prospecting, we dug him a private bath tub about two feet from the edge of the lake. It filled itself promptly, and he splashed around and played in the sand in perfect safety.

Every day of the vacation was filled to the brim with breath taking scenery and fun, and when the day came to load up the old car and head for home, Nicodemus, for no apparent reason, set up a howl that could be heard for miles around. His vote made it unanimous that we had had a perfectly grand vacation!

Rambles in Europe
with Jane C. Higbie

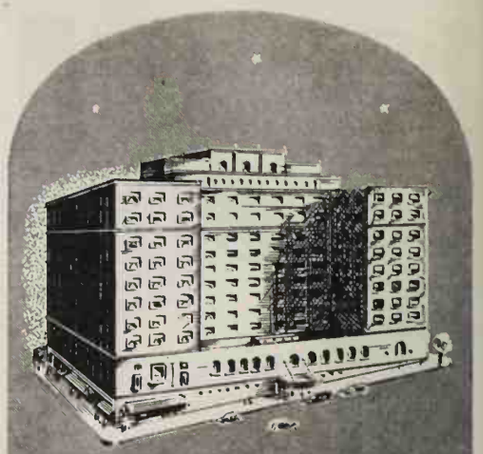
VACATION time is here, and my thoughts go with you fortunate ones to where a big ship will leave her moorings (possibly at midnight) to carry you across the great Atlantic in search of new adventure.

I can wish for you no greater pleasure than to spend many joyous days in the region of the beautiful Italian Lakes.

Bellagio, of the world famed terraces, center of the silk industry, has many streets which are only long flights of low steps. Climbing roses and ivy add much to the beauty of this interesting town, on romantic Como.

My room looked out upon the lake, where quaint boats, each with a single sail, slipped smoothly over the quiet water. Imagine this picture, framed by curtains of bright red lace! "Fantastic!" you exclaim. Certainly they would be, in our modern American homes. But against a background of blue Italian skies, horizoned by Alpine peaks, looking upon an intensity of blue lake water, from a room where years had mellowed the furnishings within, the curtains were part of a very consistent picture.

The evening lights came on, jewelling the lake shore. The faint "putt-putt" of a motor-boat staccatoed the music of



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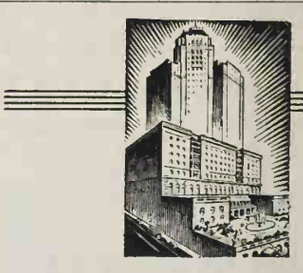

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FOUR MINUTES FROM SHOPS AND THEATRES

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LIVE in fine hotels, travel on electric trains. See the Island Empire *inexpensively*—its cities, beauty-regions, ancient relics! Steamship fares are the lowest in the world considering distance and service. Write for booklet of fascinating itineraries offered by Japan Tourist Bureau, showing Japan's treasures at low all-inclusive cost!

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Traditional Panama Pacific luxury remains the same—unexcelled cuisine and service, spacious accommodations, air-conditioned dining rooms, etc.

The S. S. California, Virginia and Pennsylvania are the biggest ships from Coast to Coast . . . amazingly steady and vibrationless. They provide *space*—acres of space for freedom and joyous comfort. (Tourist Cabin fares to New York remain at their usual low level.)

PANAMA CRUISE

A glorious 3-week vacation through Panama Canal. Four days ashore. Picturesque shops of Colon and Panama City; the ruins of Old Panama. Gay night clubs. First Class formerly $225, now $160 from Los Angeles, $170 from San Francisco. (Tourist $112.50 from Los Angeles; $120 from San Francisco.)

See your local agent, or apply...

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INTERNATIONAL MERCANTILE MARINE COMPANY

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TRAVEL

water, lapping against the pier. A pleasant murmur of voices and the tap of strolling feet made for a peaceful lethargic state of mind and body. Surely this was Paradise.

As if in answer to this unspoken thought, directly beneath our balcony a light strumming of mandolin and guitar made a delicate prelude to the splendid voices of a group of street-singers, as they sang in perfect harmony the songs of their native land.

Truly, the pillows of the chaise-longue became as a soft white cloud, upon which I seemed to be carried up and out of the world of every-day, into a state of contentment one might seek afar and seldom find.

As restful and very picturesque is Stresa, on the shore of lovely Lake Maggiore. Its waters reflect the vivid mass of flowers planted in artistic profusion on the gem-like Isola Bella, whose castled walls rise among green trees at the water's edge. Steps leading down to the lake invite a visit you will long remember.

There are so many things to see, to enjoy, to cherish, in this fascinating lake country.

Often I think of them—these beautiful lakes and the enchanted isles, their delightful sights and soothing sounds. And some day I shall return to them, not for a few days only, but to squander endless idle hours in the beauty of sunshine and blue skies, the perfume of flowers, and the glory of quiet nights.

Here one may forget—or remember—in surroundings which are a soul satisfaction, a recreation—a re-creation, as you will.

•

SIERRA SNOW FLOWER

YOU were but a bit of frozen snow and dew
Till vagrant passion blew its breath on you
Or was it scarlet dawn
That o'er the east ridge came,
Or setting western sun
That left you there—
A flame?

Down where the snow's last tears
Were dried
The great cedars
All but hide
Your spurt of fire!

They tell me you are born of nothing
But I know
Yours is the rooted glory
Of blood on snow!

—EDNA MORRIS DEVIN.

N·Y·K· LINE

VACATION IN THE ORIENT
as low as - - **$202**
Round trip from California

An astounding opportunity! Now the Orient within the reach of the most conservative travel purse.

More cause for comment about these majestic N.Y.K. liners that have justly won such enthusiastic approval on the Pacific..the Asama Maru, Tatsuta Maru, Chichibu Maru and Taiyo Maru.

Think of it! Japan! China! The Philippines! Stop-over in Honolulu!

No sacrifice of luxury in these low fares. Not on an N. Y. K. liner! Artistic atmosphere of brilliant salons, smartly furnished cabins, and impeccable dining (N. Y. K. chefs are famous for the artistry with which they prepare all the favorite American and Continental dishes). Beautiful tiled swimming pools, every imaginable deck sport, ship's dance orchestra.

Regular sailings, May, June and July . . . from San Francisco and Los Angeles, with liberal return limit to October 31, 1934.

ROUND TRIP FROM	1st Class	2nd Class	Cabin Class	Tourist Cabin
San Francisco	$465	$285	$375	$202
Los Angeles	$465	$292	$390	$210

Your travel agent has interesting literature, or write

San Francisco, 551 Market St. · Los Angeles, 605 S. Grand

THE *Easy-to-use Prize*

GOES TO THESE

2 New Deodorants

SAY goodbye to old-fashioned deodorants! Perstik and Perstop give you the protection you need, in the manner that's modern.

"I need odor prevention alone," says the woman who doesn't perspire much, "and I love the neat, lipstick way Perstik is applied. *A few quick strokes under the arms each morning give me complete protection for the day.* No muss or fuss ... it's on without using the fingers. It's greaseless, and harmless to fabrics — I use it before or after my dress is on. Just as easy to apply on sanitary napkins. I adore the handsome black-and-ivory case that Perstik comes in."

"And I," says the woman who perspires more freely,

"find that Perstop is the simplest way to stop moisture. I just touch the sponge-neck Perstop bottle to my underarm ... no separate applicator or cotton needed. It dries quicker, gives protection for days, and keeps my dresses free from perspiration stains."

Perstik and Perstop have won the Good Housekeeping Seal of Approval for safety and effectiveness. Beauty advisers to 10 million women recommend them. And in all parts of the world—from Paris and London to New York and Hollywood — fastidious women acclaim them as the EASIEST TO USE.

NEW WAY TO PREVENT BODY ODOR

Perstik

50¢ EACH

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NEW WAY TO STOP PERSPIRATION

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Feminine Products, Inc.
469 Fifth Ave., New York

Beauty · Personality Style · *by* BARBARA LENOX

BEAUTY AIDS FOR THE TRAVELER

ONE of the paradoxes peculiar to SUNSET readers who own their own homes, is the eagerness with which they leave them. It is always that way in a well-to-do community. Those who move about most by train or plane, boat, or motor, are usually the most solidly established. Judging from the popularity of our travel department, many of you are persistent travelers. Perhaps you leave your homes eagerly so that you may come back to them with even greater eagerness, and on your dressing table when you return, you will probably have a record of your journeyings — perfume from France, a hair brush from England, so it goes.

Whether you are going on a short trip into our own beautiful mountains, or on a longer journey to Honolulu or Alaska, there is, between leaving and returning, a whole world of adventure, and much of the enjoyment of your trip will depend on suitable clothing and beauty aids. Before we pack, however, let's give ourselves a little conditioning, a sort of personal spring cleaning. It is sure to increase the enjoyment of your trip. Go without lunch or dinner one day, take a vegetable laxative, and drink an extra quantity of water and orange juice. Have a hot Epsom salts bath followed by a cold rinse, exercise, breathe deeply, and do everything possible to improve your physical condition.

Perennially smart for travel is the matching ensemble in light weight wool, as suggested by the I. Magnin Shops.

Traveling is often very hard on skin and hair, so you will be doing a smart thing by building up the resistance of your skin against wrinkles, and the resistance of the scalp against extreme dryness or oiliness. If your hair is oily, an egg shampoo once a week is helpful. Beat the whites until frothy. Part the hair in small sections, and apply until the hair is completely wet. Massage until dry, and rinse well. Use a scalp conditioner or tonic every day on oily hair.

For dry hair, hot oil treatments are beneficial. Massage oil into the scalp, and steam with hot towels. Massaging not only stimulates the oil pocket at the root of each hair, but the color pigment as well, and may delay the graying of hair to a certain extent. Both oily and dry hair should be massaged daily, and brushed with a tufted bristle brush in the opposite direction from which the hair is usually combed. Did you know that the brush is the most important accessory of the hair toilette? Vital though it is, most persons know comparatively little about its importance, or what qualities to look for in selecting a brush. The best brushes have long bristles set in groups rather apart from each other with the middle bristles somewhat longer than those surrounding them. Brushes in which all of the bristles are of the same length, do not readily penetrate the scalp. A cellophane bag will keep your brush clean when not in use.

Just a word about gray hair: It is caused by loss of pigmentation in the hair follicle. This may be induced by worry, shock, nervousness, perhaps heredity, or by the natural using up of the coloring supply as the person gets along in years. There are many products which impart color to gray hair, and if you are interested I shall be glad to recommend some of the most effective ones to you. Most of us are unhappy with the color nature gives our hair—a little bit brighter, a little bit redder, a little bit whiter we try to make it; and why not, if it pleases us and pleases others?

As for your skin, a few facials will condition it so that it will wear well on your trip. Give your face and neck special cleansing with almond meal, soap, and cream, blush the skin to stimulate the circulation, because the blood feeds the skin which is the most important factor in regaining and retaining skin youth and beauty. With lustrous hair, clear skin, and a disposition made happy by an efficient body, your journey should be full of delightful experiences.

Now let's pack! No one likes to bother with quantities of baggage any

more so let's find some clever double duty clothes. For the average trip by plane, train, or boat, my vote goes to a wrap-around dress as a starter, a light weight wool perhaps in a dark shade with light accessories of the detachable type. (Have plenty of these!) This type of dress if made on smart simple lines is both "dateless" and "hourless"—that is, it is not associated with any fashion fad, or season. It looks well at breakfast, and at a restaurant dinner, with a coat or without. It will go on easily in a berth, and with a few sets of accessories, you may have several costumes out of one. If the dress is a soft gray, how charming it would look with accessories in Parrot green, coral, navy blue, or flame.

If you are going to be in New York, or where the weather is uncomfortably warm one minute, and rainy the next, you may like this arrangement: first a print dress, over it a wrap-around skirt of heavy crepe in plain color, with a matching three-quarter-length coat, making a clever triple duty costume. It is economical and practical to build your travel or home wardrobe around one smart ensemble, and do you see the value of a plan? A plan makes your colors and lines related and expressive of your personality. You would not frame a delicate etching in a heavy ornate frame, would you? Think of clothes in the same way.

GOOD TASTE IMPORTANT

When it comes to a question of clothing, it is far better to have very little money, and a great deal of taste, than a great deal of money, and very little taste. Things are being made this year to serve many purposes, and the smart accessories which are being featured will enable you to play clever tricks with your last year's clothes. The point is not to buy anything that you're not going to get unlimited use from, and unlimited use in unlimited ways. One good dress is not only better than three not-so-good ones—but it will actually serve as three if you know how to plan the accessories to go with it. I'm sure many of you have a navy blue dress in your wardrobe. Perhaps you're tired of it as it is. Have you tried pink linen around the neck or on the sleeves, or a cool chartreuse green? How about a jacket in a print of blue and white to wear over it? Or a bow of striped taffeta at the neck?

Those of you who are going to travel in the west, may be interested in a knit four piece suit called Sun Street. First there is a sleeveless sweater and shorts, and over it a wrap around skirt and jacket. This is a grand idea for vacation clothes. And did you ever try doing your housework in shorts and a sweater? With comfortable low heeled shoes you'll be getting as much out of your house work than in ordinary clothes.

MRS. ERNO RAPEÉ

wife of Noted Conductor, 7 Star Revue Radio Orchestra

laughed when she heard about the 50¢ Lipstick for 10¢ and *then*...

MRS. RAPEÉ tried the marvelous LINIT Beauty Bath, sent for a lipstick (see coupon below) and is now convinced of the genuine quality, delicate scent and attractive appearance of these exquisite lipsticks.

The makers of LINIT, The Bathway to a Soft, Smooth Skin, are offering *YOU* these astonishing values in lipsticks solely to introduce their famous product, LINIT, and prove that using LINIT in *your* bath will give you a new sensation and make your skin feel velvety soft—*immediately.*

Merely send a top from a LINIT package and 10¢ (wrapping and postage costs) for EACH lipstick wanted, using the convenient coupon below.

LINIT *is sold by grocers and department stores.*

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Please send me.....lipstick(s). Shade(s) as checked below. I enclose.....¢ and.....LINIT package tops.

☐ Light ☐ Medium ☐ Dark

Name .....

Address .....

City ..... *State* .....

THIS OFFER good in U. S. A. only and expires Sept. 1, 1934

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Stop for a moment and think of a fine powder *sifted through silk*. There you have Deltah! And there you have the supreme face powder that gives you alluring and fascinating charm.

Until now found only in a smart shop here and there. Now in the better Drug and Department stores everywhere. Try Deltah and you will never again be in doubt when selecting your face powder.

It is a golden box of fascinating beauty!

The HELLER-DELTAH CO., Inc.
8 West 30th Street, New York City

●

If not at your Druggist send us his name and $1.00 and we will forward a full size Golden box postpaid.

NEXT MONTH:

Sunshine is excellent as a health measure but what about it as a beauty agent? Is it good or bad for skin and hair? Here in the west where we have so much sunshine, it is an important beauty problem, and one that will be discussed in detail in the next issue.

Another Old Colonial Beauty Secret!

Colonial Dames BEAUTY WASH

Removes Imbedded Impurities

Every Skin Needs This Super-Cleansing

Beauty Wash removes blackheads and blemishes almost like magic! Tones sallow skin, whitens and refines texture. Use it daily as a wash—and weekly as a pack. You don't know how flawless and lovely your skin can be until you try—COLONIAL DAMES BEAUTY WASH. It is unique, and a fitting companion to the other fine Colonial Dames Beauty Aids.

Recommended by BARBARA LENOX
At all stores or write
Colonial Dames Co. Hollywood, Calif.

· Beauty ·

There are of course the play suits of linen with shorts and extra skirts, or you may prefer them in gingham or crash.

If you require dinner or evening clothes on your journey, how would a new dinner suit do? Ankle length crepe skirt with matching jacket, and a blouse that may be a simple satin or an elaborate gold or silver. Lace is very smart this season, and a joy for traveling as it will not wrinkle. You will want knitted things, too, and washable gloves with cellophane bags to keep them fresh—but of course these are only high spots and generalities. Your travel wardrobe can be planned intelligently only when the where and how of your journey are decided.

SUITABLE BEAUTY AIDS IMPORTANT

It is the same with beauty aids. If you are going where it is warm, you will want more of the astringents, sunburn oils, protective creams, but in any case you will want a large sized jar of an all-purpose cream, plus astringent, powder base, powder in a solid box that will not crush, and a refill. There is a deodorant made with a sponge top that will not spill, and another shaped like a lipstick for your personal bag. Tooth paste or powder, soap, a cellophane bag full of powder puffs, tissue, and manicure products must go in. Did you ever notice how conspicuous hands are in traveling? One always seems to be giving or taking something, and how important it is to have nails well groomed. You will want a manicure set with several shades of polish, and better tuck in an extra supply of polish remover. A shampoo will keep your hair well groomed, a dry shampoo will be a life-saver in an emergency, and hair rinses in powder form will not only soften hard water but make your hair more interesting.

For your personal bag you will of course want a lipstick, and for traveling it should be indelible, so that you won't have to renew it every five minutes. Be sure to take along a refill, too. Then since the best behaved noses get shiny you will of course want a compact, and why not an extra thin one in the double type? Eyeshadow, mascara, tweezers; and this is important, because it is something that will dramatize you,—perfume! Not just any perfume, but one that will accent your charm. Perfume like travel appeals to the imagination, it is romantic, it suggests adventure, beauty. Your ensemble is not complete without it. And your trip will be more fun if you have the right perfume to complement your personality. I have a free bulletin on types and perfumes which I shall be glad to send you for a stamped self-addressed envelope.

Perhaps your journey will take you to

WHY HAVE GRAY HAIR OR DANDRUFF?

Marvelous, Positively Safe Liquid Works Like Magic!

You, too, can have gloriously beautiful hair, free from GRAY and DANDRUFF.

Don't lose your job or social position due to these handicaps. Try the truly wonderful DOUBLE-ACTING liquid-Nourishine for Gray Hair and Dandruff.

Nourishine is applied like a tonic—so easy to use. You get SAFE and POSITIVE results. Your hair will become soft lustrous, with a natural appearing color that defies detection. Nourishine is absolutely non-injurious to hair or scalp—is positively beneficial.

"Nourishine's tonic-like qualities make it the BEST hair preparation," every user enthusiastically says this about Nourishine.

No matter what you have tried for gray hair or dandruff, forget past disappointments and try this absolutely different liquid. It is not greasy—does not rub off nor stain scalp or linen. The one liquid imparts any color. You can easily prove it best for gray hair and dandruff. Try Nourishine now!

For better results use NOURISHINE SHAMPOO. Contains no acids that hinder the action of Nourishine.

Write for our free booklet, "Home Care of the Hair." Contains helpful hints on the home care of permanents, marcels, oily and dry scalp, describes coloring methods, etc.

Nourishine, $1.25; Shampoo, 50c, at drug and department stores or by mail, except in California, from NOURISHINE COMPANY, 939 S. Broadway, Los Angeles.

NRA

NOURISHINE BEST FOR GRAY HAIR

Why Tolerate Pimples and Blackheads when

CUTICURA

Quickly Relieves Them

Price 25c. each. Sample free.
Address: "Cuticura," Dept. 5K, Malden, Mass.

Priest-Chemist Perfects Hair Stimulant

Father James A. Gilmore, Gonzaga "U," Spokane, Wash., has discovered a specific formula for dandruff, falling hair, dry scalp, baldness, and has aided thousands. Hundreds of letters tell of new hair and relief from scalp ailments. Due to unusual penetrating qualities, HAIRMORE is producing remarkable results. It makes hair alive and lustrous. For a 100-treatment bottle send $2.00 to Gilmore-Burke, Inc., Seattle, Washington, who handle university royalties, or at Better Stores. **Free descriptive folder on request.**

For a Manicure that Lasts a Full Week!

use

If you want **Quality**, brilliance, clear color, ease of application and **longest wear** use **Glissen.** It's cheaper in the long run.

Liquid Nail Polish
For sale at all Drug and Dept. Stores

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Gentlemen:
☐ I enclose 10c for special half-size Bottle of GLISSEN in shade checked.
☐ Send me prepaid a set of GLISSEN Polish and Remover, in shade checked, I enclose 50c.
☐ Natural ☐ Medium ☐ Dk. Med. ☐ Deep (Red)
Name _____ Address _____
City _____ State _____ SM-7

YOUR BOY *this Summer*

THE individual attention given to the needs of each boy accounts for the high esteem with which parents regard

LOKOYA Boys Camp

(Two hours drive from San Francisco Bay Cities)

Your son will develop real swimming ability in our filtered pool. He will acquire skill in sports through playing team games and individual coaching. He will enjoy the freedom of life in the open yet will be fully safe-guarded.

Lokoya Boys Camp is located eleven miles northwest of Napa. A beneficial change from the Bay Region is provided by the warm, dry climate and the elevation of 1500 feet.

The Camp is beautifully wooded, is free from accident hazards and is easy of access.

CAMP SEASON
June 10 to August 4

AGE GROUPS
Senior Camp 15 to 17
Junior Camp 11 to 14
Midget Camp 6 to 10

The Reduced Camp Fees of 1933 are in force for the 1934 season.

Write today for complete information.

PAUL FLEGEL
917 Carmel Avenue, Berkeley, California.
Send information concerning
LOKOYA BOYS CAMP Boys Age.....

Name.....

Address.....

City.....State.....

POISON OAK PREVENTED with POISONOK

(Concentrate)

▶ A remarkable preventive, it is taken internally, by drops, and "vaccinates" for an entire season. Used by 9th Army Medical Corps in C. C. C. camps and by power companies for line crews. Immunization should begin at least two weeks before possible exposure.

$1.00 **As a treatment...**

In mild cases POISONOK will materially shorten duration of rash. In severe cases, see your physician for injection and adjunctive treatment... *Ask for* POISONOK *by name at your Druggist's*

THE CUTTER LABORATORY

U. S. GOVT. LICENSE NO. 8

Manufacturers of Vaccines and Antitoxins for the medical profession since 1908

· Beauty ·

Riviera, that little strip of land especially blessed by bounteous Nature. Here whole towns are engaged in the industry of cultivating flowers, and extracting their sweetness for perfume. Violets bloom in May, tons of these tiny shy blossoms they pick; roses follow; July brings mignonette and pinks, then jasmine, and in the fall geranium and cassie. Isn't that a charming business calendar? Or perhaps your travels will take you to the "Valley of Roses" in the mountains of Bulgaria, where lovely roses bloom by the thousand to give their fragrance to you.

Whether you travel or stay home, I am sure you have noticed at one time or another, how great a bearing clothes have on your mind—your mental outlook as well as on your physical appearance. The woman who is carelessly attired, who has chosen her clothes haphazardly without consideration of her individual requirements is self conscious, ill at ease, and certainly not charming. To help you in coordinating line, color, perfume, and personality, I have prepared a bulletin on fashions and types. There are several ideas on interchangeable costumes, that is, making one dress serve the purpose of five by clever accessories. It will interest the woman who travels, the business woman, or the homemaker who wants to look smart with the least effort and expense. A stamped envelope will bring you the May Beauty Bulletin.

•

MAY TREK

A JOURNEY that I took today
Led me through the heart of May—
Through fallow fields of ebon mold
By daffodils in serried gold
And rows of tulips flaming wide
To the hills on either side—
As if in dyked Dutch meadows, these!
Past orchards of white cherry trees,
Apples veiled in misty pink,
Mauve of iris on the brink
Of a brook, whose tinsel sheen
Threaded willows' trailing green,
Buttercups and watercress
And hawthorn's petaled fragileness . .

Past farmers bringing by their toil
Miracle of crops to soil . . .
Old panoramas turned to new
Vistas, lavender and blue . . .
A journey through the heart of May—
Singing larks along the way,
Balm-of-Gileads' honey-scent
Perfuming every mile I went
With flowering currant, broom and gorse
And dogwood to define the course . . .
Oh, the beauty that unravelled
From the landscape as I traveled!
Oh, the lovely burgeoning
Of a countryside in spring!

—ETHEL ROMIG FULLER.

Smooth out that KNOT OF PAIN with soothing, relieving Absorbine Jr.

HERE'S quick relief—soothing, gratifying relief for those muscles knotted and throbbing with pain.

Rub and smooth that paining spot in arms, shoulders, neck, back, legs, with good old Absorbine Jr. You can feel this wonderful liniment go to work, *feel* its soothing benefits unkink those knots of misery right out of sore, congested muscles.

It takes only a short time for Absorbine Jr. to accomplish such relieving results. The minute it touches the sore spots, a grand warm feeling—a pleasant glow—permeates to the very seat of the trouble. And as this warmth steals in—the pain steals OUT!

That's why for 40 years Absorbine Jr. has been the favorite of coaches, athletes and trainers. Keep a bottle handy. Nothing can take its place for bruises, aching muscles, strains or sprains. It is also a fine antiseptic for cuts and burns. All druggists, $1.25. For free sample write W. F. Young, Inc., 443 Lyman Street, Springfield, Mass. *In Canada:* Lyman Building, Montreal.

ABSORBINE JR.

For years has relieved sore muscles, muscular aches, bruises, burns, cuts, sprains, abrasions, "Athlete's Foot," sleeplessness

News Notes from Western Kitchens

by
GENEVIEVE A. CALLAHAN

•

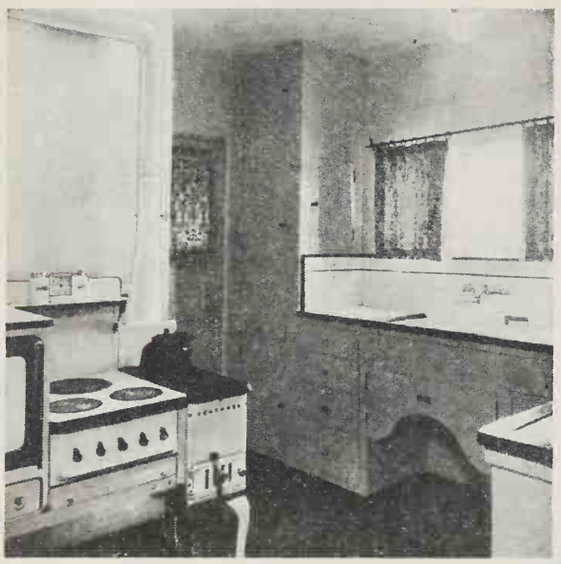
RUTS are miserable things. It is so easy to get into them, so hard to get out. Housekeeping ruts are particularly bad. It isn't so hard to avoid monotony in cooking, what with all the good recipes and menus in the Kitchen Cabinet and in the advertisements and all; but when it comes to ways of doing things in the kitchen, that is something else again. Miss Shapleigh tells of an elderly New England housekeeper, who complained bitterly because the old sugar bowl in which she kept the soda was not in its proper place on the pantry shelf. "I've kept soda in that bowl in that particular place for fifty years," she scolded, putting it back where it "belonged." I dislike to say it, but I believe there is a great deal of just such reasoning back of the placing of equipment and supplies in some of our most modern kitchens right here in the West. There is entirely too much running about collecting materials for making a cake, when they could just as well all be kept together, near the place where the mixing is habitually done.

Be honest with yourself: don't you play "pussy wants a corner" when you make coffee every morning? Don't you have to bring the coffee can from the pantry shelf, get the drip coffee pot or percolator from a cupboard in another corner, go to the drawer of another cupboard for a tablespoon to measure with, and then to the sink for the water? Why not group everything near the sink, where you normally start operations?

This isn't as silly and insignificant a subject for serious discussion as you might imagine. Psychological investigators find that homemakers, alas, are woefully poor at concentrating. Why? Because they are not required to be. They won't be discharged for inefficiency, as they would be if they fiddled about in similar fashion in an office or factory. No office manager would permit an employee to work in the helter-skelter mess in which many a delightful homemaker permits herself to putter about. Even dishwashing, like novels, should have "a beginning, a middle, and an ending," and should not proceed in utterly unplanned fashion, as it so frequently does.

If you have even a slightly guilty feeling reading these words, remember, it's never too late to do something about one's shortcomings. Do several things! Read "Sweeping the Cobwebs," that stimulating book by Dr. Lillien J. Martin and Clare de Gruchy, and see if there are not some suggestions in it that you can apply to yourself. Get a new housedress. Buy a good new knife. Stand in the middle of your kitchen and *think* about your placing of supplies and equipment—your system of "filing" cereals and baking powder and chocolate and mixing bowls on your kitchen shelves. Watch yourself wash dishes and make a cake, and see if you do not interrupt yourself far more often than you are interrupted by others!

After a little searching study of your ability—or lack of ability—to concentrate, sit down with paper and pencil and make up a little map of each day for the coming week. List the things you must do, and the "extras" you want to accomplish; then see, at the end of the week, if your work has not been more purposeful, more resultful, and altogether more interesting. Don't, for anything, let yourself develop into a puttering, fluttering "housewife."

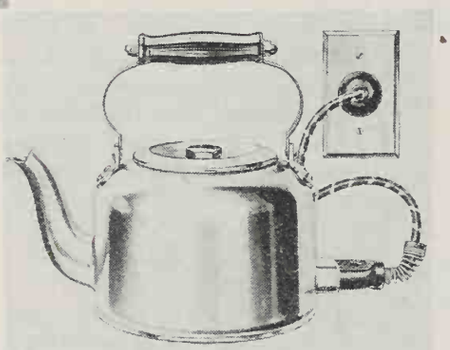


"California-Spanish" is the way Mrs. Alice McClintock of Santa Ana describes her pleasant left-handed kitchen, which is developed chiefly in lettuce green, lacquer red and black

ATTRACTIVE kitchens appeal always to real homemakers. Here is a picture of the very clever "California-Spanish" kitchen of Mrs. Alice McClintock, of Santa Ana. One interesting feature about it is that it is a left-handed kitchen, to suit its left-handed owner and user.

Walls and woodwork, and electric refrigerator, too, are painted a cool lettuce green. For accent, black glass door knobs and drawer pulls are used, and black hinges. The electric range is white, and the drainboard and work table are tiled in white with black trim. The linoleum, a broken stone design in red, green, buff and black; the red enamel tea kettle and dish pan; the draw curtains of Sardinian print (natural colored background printed in red, green and black cross-stitch design) hung on wrought iron rods—all these contribute to the Spanish feeling, and tie the kitchen colors with the antique lacquer red of the adjoining breakfast room.

As for strictly practical details, there is a big cooler with removable wire shelves, and doors wide enough to admit



This highly efficient electric tea kettle, aluminum with black handle, is good news for any western homemaker

You'll like this coffee-making trio: whistling tea kettle; automatic coffee dispenser that fastens on the wall; and drip coffee maker. All are chromium finished

whole lug boxes of fruit. There is a tiny cupboard for soaps and cleansers built into the wall above the left drainboard. There is a pull-out work table (which incidentally serves as a grand early-breakfast table for the man of the house before he departs on fishing trips) with three metal-lined-and-lidded drawers below for sugar, bread, and flour.

All woodwork is unpaneled, making it not only smartly modern and at the same time crudely Spanish in appearance, but remarkably easier to keep clean than the ordinary type. Shelves of pot closets are lacquered black, for smartness.

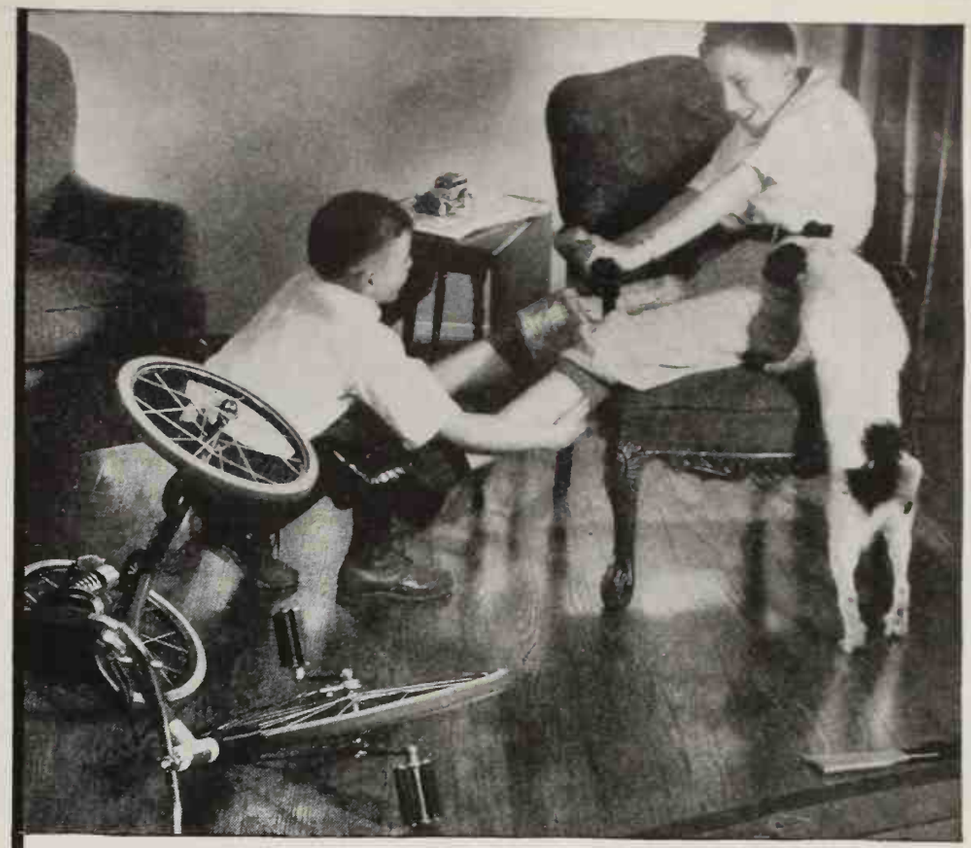
Below the refrigerator is space for skillets and broiling pan; back of it is a small closet for cleaning equipment, and above it, extra storage space for seldom-used articles.

UP above, I recommended that you buy a new knife—a really good one. I did just that, a few weeks ago, and am so proud and pleased with myself! And I have some other grand new kitchen-wares, too. That little whistling tea kettle pictured on page 46 is a darling—and how insistent he is that we come running to rescue him, the moment the water for the drip coffee reaches boiling point! Very practical and long-wearing he is, too, for the chromium coating is on a copper base. The automatic dispenser for ground coffee is a jewel, too—a chromium-plated jewel. Fastened on the wall, it takes no precious shelf space. And the chromium-finished drip coffee maker is a delightful third member of the trio.

The electric tea-kettle we carried to the office, for our "rainy-day kitchenette" equipment. It works beautifully, boiling water very quickly indeed. It has been in use now for months, giving excellent satisfaction.

WHILE we are talking of keeping on learning and improving ourselves, it's a good time to mention some new books that are stimulating mentally and useful practically.

First come two on the same subject, but widely different in treatment. One is "One Hundred Favorite Foreign Recipes," by Marion Stewart of Los Angeles. You will classify it as one of your favorite books, once you try the real Hollandaise sauce on page 93, and the "*Rhabarbertorte*" (Rhubarb Torte) on page 47, to say nothing of the California Picnic Menu of "*Guacamole, Mole Poblano, Frijoles*, Toasted *Tortillas*, Fruit, and Quantities of Coffee"—and so on. The recipes are interesting to read as well as to try, and they are grouped by months in which they are most suitable. Bound in stiff waterproof covers, well printed on good paper by the Los Angeles Saturday Night Publishing Co., the book is priced at $2.00 and may be ordered through SUNSET. (*Continued on page 48*



"It's lucky my floors and furniture are well protected"

WROTE MRS. H. W. MATSON TO TONY WONS

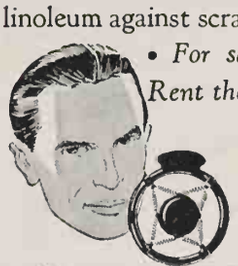
• Mrs. H. W. Matson, Lombard Avenue, Oak Park, Illinois — a wise mother who saves herself hours of labor with the Johnson Wax method.

"I'm thankful to say Johnson's Wax shields them from scratches and wear"

• "You can't keep boys from rough-housing, but you *can* save yourself a lot of worry and work by protecting all your things with genuine Johnson's Wax," continued this Oak Park mother. "My woodwork, window sills and metal radiator covers as well as my furniture and floors stay beautifully polished in spite of the punishment they get. I can't begin to tell you all the uses I have for this remarkable wax. Why, we even polish our shoes with it. Truthfully, I just couldn't keep house without Johnson's Wax."

You will find that the Johnson Wax method of housekeeping cuts your dusting in half and eliminates floor-scrubbing entirely. The wax seals the surface of wood and linoleum against scratches and dirt and gives a rich, mellow polish that resists wear.

• *For sale at grocery, hardware, paint, drug and department stores. Rent the Johnson Electric Floor Polisher from your dealer at small cost.*



RADIO PROGRAM • Tune in Tony Wons' Scrap Book Tues. and Thurs. A. M. over Columbia network.

• Send the coupon for trial size

JOHNSON'S WAX

PASTE AND LIQUID

for floors and furniture

S. C. Johnson & Son, Inc., Dept. SC-5, 16 12th St., San Francisco • Enclosed is 10c. Please send me generous trial can of Johnson's Wax and very interesting booklet.

Name_____

Address_____

City_____ State_____

"Here's why we prefer

DRI-BRITE

NO-RUBBING LIQUID

FLOOR WAX"

It seemed to Mrs. R. of Newark, that her days were spent waxing and polishing floors—or so her husband said one evening when she looked unusually tired. Now, thanks to Dri-Brite, the no-rubbing liquid floor wax, that's all changed, listen: "Because Dri-Brite leaves a *hard* finish, dust and dirt stay on top where they can easily be removed. They do not grind into my floors."

IT LASTS LONGER

"A Dri-Brite Wax finish is *so hard* that it resists the abuse of scuffing and scraping feet—and wears much longer. Try it."

IT'S EASIER TO APPLY

"Dri-Brite Liquid Wax needs *no rubbing, no polishing.* I merely apply Dri-Brite to the floors—wait 19 minutes, and it dries with a lustrous wax surface."

Use DRI-BRITE Wax *for beautifying and protecting linoleum, hardwood, painted, shellacked and tile surfaces.*

Remember Dri-Brite is the original no-rubbing floor wax. Look for the magician on every can. Guaranteed as advertised in Good Housekeeping.

DRI-BRITE FLOOR WAX

SPECIAL SPRING CLEANING OFFER

Until June 30, 1934, Both for

1 pint can Dri-Brite Liquid Wax
1 Dri-Brite Featherweight Applicator

99c

Quart Can & Applicator $1.49

At hardware, paint, variety, drug and department stores.

MIRACUL WAX CO., 1322 Dolman St., St. Louis, Mo.

Smaller in volume but thoroughly delightful and reliable as to recipes is "Foreign Foods and Flavors," in heavy silver paper cover with decorative design in red. This little book, by Martha Meade, director of the home service department of the Sperry Flour Co., takes up one complete menu for each of 25 foreign countries, with all necessary recipes for each meal, and suggestions for serving as well. Hawaii, Japan, China, Philippines, Spain, India, Turkey, Italy, Austria, Hungary, Germany, Egypt, Java, Russia, Sweden, Greece, France (both Parisian and Provincial), Holland, Norway, England, Persia, Arabia, Mexico, Cuba, and Scotland are represented, and in addition an International Dinner and an Early American dinner are given. Well printed on good paper, this little book is sold at 35 cents a copy.

Another book thoroughly worthy of recommendation is "All About Home Baking," compiled by the consumer service department of General Foods Corporation. This 144-page book is bound in yellow and black plaid gingham covered board, and is priced astonishingly at 25 cents. Most of the pages in this book are practically demonstrations, so clearly do they picture and explain the steps in achieving perfection in cakes, cookies, pastries, biscuits, muffins, and the like. At the end of the book, 14 pages are given over to illustrated menus for various occasions — guest luncheons, breakfasts, suppers, teas, birthday parties, picnics, and finally, meal plans for an entire weekend. You will appreciate this book, and appreciate my telling you about it, I feel sure.

Get a Little System

MOST persons nowadays have a plan of work. Still I hear women say "I don't believe in tying myself down to a system. I just do things as I feel like doing them." But do you? One morning you feel more like writing a letter than doing breakfast dishes. Next morning some other sedentary work presents itself right after breakfast. By the third morning this has become a habit that will take a definite wrench to break. If you live in California the ants will have found you out by this time, and in any state some fastidious neighbor will arrive via the back door as soon as the ants or sooner.

Now leaving the breakfast dishes is not a bad system if you decide definitely to do it. In that case you will quickly pop food away, rinse silver under the tap and dry it, stack dishes, wrap garbage, and wipe off the washable breakfast cloth.

I have always believed, with most of the rest of the race, in stacking dishes and washing them in order. But one evening when my husband was drying

They come on the run

when you say

Honey Maid

REG. U. S. PAT. OFF.

Grahams

Who wouldn't break a record to reach those golden, crisp Honey Maid Grahams! They are so good for active youngsters because they are rich in calories and contain valuable bone and tissue-building elements children need. And how they hit the spot!

Honey-sweetened and fresh-baked right in our Pacific Coast bakeries, they come to you with a delightful flavor and appetizing crispness. There is a bakery near you supplying your grocer regularly with these strength-building treats that children love.

Buy them in the money-saving thrift size . . . the big, green, wax-wrapped family box!

NATIONAL BISCUIT COMPANY

he remarked, "Don't you wash the glasses first any more?" "Oh, yes," I replied. "But I'm just washing the things around the sink to clear the decks for action." He had to call my attention to it several times before I realized that the habit had firmly fastened itself on me, of beginning to wash potato mashers, pot lids and what not, gradually picking up the dinner things and scraping them as I went. This was not as good a system as getting everything in order first, and it took some will power to switch back again.

I know a girl who considers it important to brush her hair and set her wave every morning in anticipation of afternoon activity. She really means to do this before breakfast, but for several mornings she didn't arise in time. Now, whether she will admit it or not, it has become her system to drop everything at the peak of the morning's work and give her hair a good brushing and waving. She has to get a hot lunch for her husband and children and this is invariably late. Rising fifteen minutes earlier would do the trick. She doesn't realize that her system has changed, and until she does she won't change back.

Do you ever find yourself, of a late morning, dashing out in kimono and slippers to start the coffee? First thing you know you are squeezing the orange juice and just watching the toast while you squeeze. Then daddy arrives ready for work and you sit down to breakfast as you are. What a sloppy system that turned out to be when it took hold!

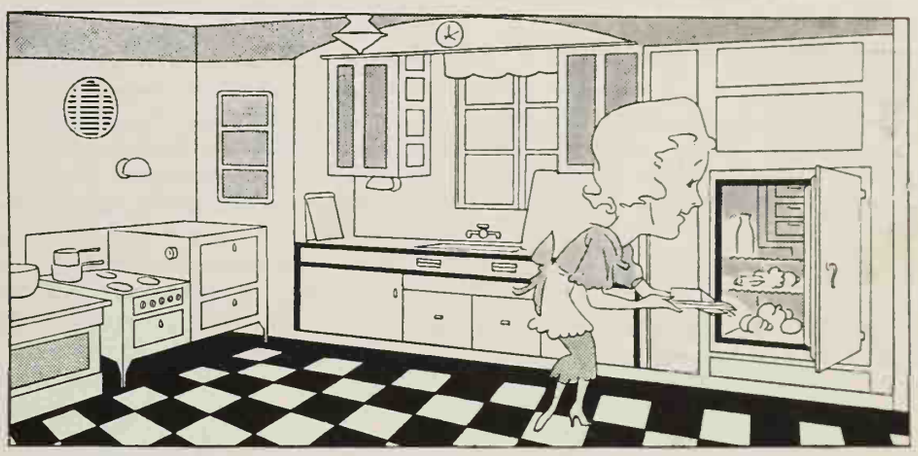
How about shopping? Are you just starting out to market as your husband pulls up to the curb? Or worse still, picking up things on the way home from bridge club? This little system is guaranteed to become chronic after one week's trial. Then your husband and children will be on a steady diet of fried meats, potato chips and canned vegetables. Devoting one morning a week to planning and marketing will break this system and will repay you well in money and peace of mind.

Perhaps your system was good when you installed it. Has it become outmoded like last year's hat? Get it out and look it over. If it needs alterations, make them. Then write your system down to help yourself stick to it. But at any rate, get a little system, for if you don't, some little system will certainly get you!—Elsie M. Salt.

when making crumb pie crust from graham-crackers to pat it into the pan with a potato masher or wooden spoon that has been covered with a piece of wax paper.

Mrs. Brown buys more food — but Mrs. Smith serves finer meals

Here's Mrs. Brown's kitchen



And here's a glimpse of Mrs. Smith's

Even during the warmest summer days, there's no spoiled food—no wasted portions at Mrs. Smith's. She's cut her trips to market in half since she bought her electric refrigerator, and now buys larger quantities of perishable foods, at lower prices.

• • •

You know about the saving, the convenience, the satisfaction of electric refrigeration. But do you know *how* to choose the machine best suited to *your* needs? What to look for in buying a refrigerator, how to judge the shelf space, how to use it to the best advantage? We will be glad to send you information—together with our booklet the "House of Charm"—*free.*

This interesting booklet gives you much valuable information that will help when you buy *your* electric refrigerator.

Send for this information TODAY

PACIFIC COAST ELECTRICAL BUREAU, Department A-5
447 Sutter Street, San Francisco

Please send me *free* literature on electric refrigerators. ☐ I am also interested in—
Correct lighting ☐ Wiring a new home ☐ Re-wiring ☐
Household appliances ☐ An electric range ☐ Outdoor lighting ☐

NAME .....

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CITY ..... (Offer good only in California)

STANDARD OIL
ORONITE
SELF-POLISHING WAX

Just sit back and rest
IT SHINES ITSELF!

Lustrous floors that match the radiance of your garden—but *without* the work that polishing always requires! This superior self-polishing wax is easy to apply with mop or cloth—and that's all you do. Use it for hardwood, for linoleum, tile and composition floors—in living room, kitchen, bath, hall, breakfast room or sunporch.

There's a Standard Oil wax for every purpose.

If you prefer *paste*, Standard Waxglo Paste Wax is outstanding. And Waxglo Liquid Wax is ideally suited for use in all types of mechanical waxing devices. Quality guaranteed—of course!

STANDARD OIL
ORONITE
CLEANING FLUID

Spots
FADE AWAY

Spots *will* come—but why worry? Your brightest and daintiest frocks, smart hangings, upholstery, rugs and auto cushions can be kept spotless. Use Standard Oronite Cleaning Fluid. Non-explosive—safe!

Other Standard Oronite Products

STANDARD ORONITE HANDY OIL
STANDARD ORONITE FURNITURE POLISH
STANDARD ORONITE FLY SPRAY

STANDARD OIL COMPANY
OF CALIFORNIA

Our National Dish

Ham 'n' Eggs

By BERTHA E. SHAPLEIGH

IT is agreed, I think, that "ham 'n' eggs" is the national dish of the United States. Is there anything more appetizing than the fragrance arising from freshly made coffee and a sight of those "ham 'n' eggs"?

In earlier days when life was not so complicated, and the people lived more in the open, this dish was considered the dish par excellence, and no one spoke of indigestion being caused by the eating of this delectable and satisfying breakfast dish. But later we were told that fried ham was hard to digest and eggs must *never* be fried. Now we know that ham may be cut very thin and broiled; and as for eggs they may be fried and be as delicately cooked as when poached in boiling water, and much more appetizing to most men.

To accomplish this, have fat from the ham, (or if preferred, butter) hot, but not hot enough to curl and brown the edges of the white of the egg. Remove pan from direct heat, and slip in the eggs; let the eggs cook slowly, dipping the hot fat over them with a spoon, in order to cook the white over the top of the yolk. Season with salt and pepper, and remove the eggs to ham or toast.

Many cooks think that ham should always be soaked in water to remove salt. The fine cured ham in the market now needs no freshening. If the ham purchased is salty, cover the slice of ham with cold water, bring the water to boiling point, then pour it off; the ham will not be too salty and will retain the flavor which long soaking removes. Have the frying pan hot enough to brown the fat quickly, but lower the heat while the ham cooks slowly. Thin slices of cold boiled ham, broiled under the flame, or cooked in butter for two or three minutes, are very tender and appetizing.

HAM BAKED IN MILK

A thick slice of ham spread with dry mustard and brown sugar mixed, and baked in milk (evaporated milk may nicely be used) for forty or fifty minutes is a good luncheon or supper dish. Thicken the milk, after removing the ham, and strain around the meat; it makes a good milk gravy. Or, into the milk, after removing the ham, drop as many eggs as the pan will hold, and cook over a low flame until the eggs are set. Place eggs around the ham on platter, and strain the milk left in pan around both ham and eggs. The white of the egg thickens the milk slightly and no flour is needed.

Have a thin slice of ham fried, cover it with thin slices of cheese spread with a little prepared mustard, and set dish in a hot oven long enough to melt the cheese; do not have too great a heat as it toughens the cheese. Surround this ham and cheese with scrambled eggs, the old style—country style—scrambled eggs, which means that eggs are dropped into hot fat or butter and simply scrambled until set, then seasoned with salt and pepper. No liquid is added; men describe these as "the kind where the whites of eggs show up in large pieces—not that custard kind!"

I spoke of poaching the eggs in milk after removing the ham. Let me suggest poaching eggs in seasoned cream and serving them on toast, with the remaining cream poured over the toast. You will need one cupful of cream for four eggs. At a country club some years ago these eggs were the favorite supper dish after men had finished golf; I have known one man to order six eggs cooked this way and make his entire meal of them, adding a few pieces of bacon or a thin slice of ham, and of course, coffee!

THREE WAYS TO BAKE A HAM

Boiled ham can be bought at most markets by the pound, or in cans of various sizes; for a small family, this is a great convenience. If, however, you wish to cook your own ham, first choose one which is not too heavy, and has a thin rind, no thicker than your thumb nail—that insures getting a young pig ham. It is not necessary to soak such a ham in cold water. Scrub the ham, and place in a kettle, add cold water to cover completely, then add two cloves of garlic, a small bay leaf and one tablespoonful of whole mixed spices. Bring the water slowly to a boil, and cook slowly until the ham is tender, which will take five hours or more. Take ham from the water, and remove the skin while hot, and if there is a thick layer of fat, cut off some of it, leaving a layer half an inch in thickness. Sprinkle over the fat a thick layer of brown sugar, and press whole cloves into the surface. Bake in a hot oven (450 degrees) until a brown crust is formed.

To bake a ham, one method is to cook it partially in boiling water as suggested above, remove from the water and skin, place in a pan and finish cooking in a moderate oven (400 degrees) basting often with white wine or cider. Half

an hour before the ham is sufficiently cooked, remove from the oven, brush over with an egg and brown sugar and finish baking. If the ham is to be eaten hot, serve the remaining liquid with it as a sauce.

Another method for baking a ham is to cook it the entire time in the oven. To prevent the meat from becoming hard and dry, cover the ham completely with a stiff dough, and bake in a hot oven (450 degrees) at first to cook the dough, then at a lower temperature (350 degrees) for about five hours. One authority says to make a hole in the dough an hour before removing the ham from the oven and to pour into the hole one cupful of hot cider; repeat twice. When the ham has baked sufficiently, remove the dough, the skin, and some of the fat. Brush over with slightly beaten egg and cover with a mixture of brown sugar and bread crumbs, and return to the oven to brown the crumbs and melt the sugar.

An easy new method has been developed for cooking fine cured hams in the oven, without either parboiling or covering with the dough blanket. Simply wash and place the whole or half ham in a large roaster, add two cupfuls of water, and cover the roaster. Bake in a slow oven (325 degrees) allowing 25 minutes to the pound for hams or half hams up to 12 pounds in weight, and 21 minutes to the pound for larger ones. Thus a 12-pound ham will require five hours of baking, while a 15-pound ham will require five and a quarter hours. Fruit juices or syrup from canned fruits may replace the water called for above.

When the ham is done, remove from oven, lift off the rind, and proceed to cover with brown sugar, etc., and brown in the oven as directed above. This method uses only one roaster throughout, thus saving dishwashing.

A good accompaniment and garnish for baked ham is small apples baked whole in the pan with the ham. Nothing is more appetizing for a supper than thickly sliced boiled or baked ham accompanied by a good potato salad or an egg salad, and cheese biscuits or rye bread sandwiches.

BAKED EGGS WITH CREAMED HAM

Ham creamed and served with poached or baked eggs is a good breakfast or luncheon dish. To one cupful of medium thick white sauce, add one and one-half cupfuls of finely chopped boiled or baked ham. Turn this creamed ham into a platter or shallow baking dish which can be placed in the oven. Make four or five indentations in the mixture, and into each slip a raw egg. Sprinkle with grated cheese, salt and pepper. Bake in a moderate oven until the cheese melts and the egg is set; serve as it comes from the oven.

Ham omelet is a favorite dish, for which use four eggs, four tablespoonfuls

(*Continued on page 55*

SANDRA FINDS THE WAY TO A MAN'S APPETITE

NO BREAKFAST, JOHN?
NOT THIS MORNING SANDRA. WHY DOESN'T SOMEONE THINK UP A DIFFERENT KIND OF A CEREAL?
AND HE HASN'T EATEN BREAKFAST FOR TWO WEEKS AND THE DOCTOR SAYS..
SANDRA, YOU OUGHT TO SEARCH TILL YOU FIND SOMETHING THAT TEMPTS JOHN'S APPETITE.
A DIFFERENT KIND OF CEREAL.. SOMETHING THAT WILL TEMPT A POOR APPETITE.
YOU NEED PUFFED WHEAT AND RICE! THERE'S NOT ANOTHER CEREAL LIKE THEM IN APPETITE APPEAL.
NEXT MORN
MORE PUFFED GRAINS SANDRA, PLEASE!
I KNEW YOU'D LIKE THEM AND THE DOCTOR SAYS THEY'RE SO NOURISHING.
2 WEEKS LATER
HOW WELL JOHN LOOKS. HOW'S HIS BREAKFAST APPETITE?
MARVELOUS! THANKS TO PUFFED GRAINS, NO COAXING HIM TO EAT BREAKFAST NOW.

They're twice-crisped—twice as delicious, the new Puffed Wheat and Rice

JUST *taste* the new Puffed Grains. How amazingly crisp. How flavory! How *different* from all other cereals. Yet dainty as Puffed Wheat and Rice are, they're richly nourishing. Because they're "shot from guns." Every food cell made quickly and completely digestible. To induce you to try Puffed Grains we're offering free, a beautiful Carlton silver-plate teaspoon in the modernistic Mansfield pattern. This graceful spoon is made and guaranteed by the makers of America's finest silverware. To get it, fill out instructions in the coupon below.

The Quaker Oats Co., 525 Market Street, San Francisco, Calif. S-PC 5

Enclosed are the tops from 2 packages of Puffed Wheat or Puffed Rice (or one of each) for which please send me the Carlton silver-plate teaspoon free.

Name .....

Street Address 6116

City ..... *State* .....

Thus it pays to say "Morton's" when buying salt because

WHEN IT RAINS, IT POURS

Did you know that, on the average, 122 of the year's 365 days are rainy ones? Hence one-third of the time you are apt to be annoyed and humiliated by clogged salt-cellars—*unless you are careful to say "Morton's" to the grocer when buying salt!*

For Morton's is that *different* salt that doesn't choke saltcellars when it rains. Because of its unique cube-shaped crystals, which tumble off one another in damp weather instead of sticking together like the flake crystals of ordinary salt, it pours freely rain or shine! And the iodized variety protects children from simple goiter, too.

10c
IODIZED
OR PLAIN

Canning and Preserving Our All-Western Fruits

by
GLADYS PULLEN BARRADA

This month come Cherries, Apricots and Early Peaches

•

CHERRIES are amongst the earliest fruits. As they must be cooked first in plain water or juice to make them tender before adding the sugar, the open kettle method of canning is easiest, especially as they shrink and are likely to rise to the top of the syrup. They may be canned with the pits in, but are inclined to taste of them, so most persons take them out. You need not pit the Royal Anns. Small hand-pitting machines may be purchased but you can simply use a sharp knife.

May Duke and Royal Ann cherries require nothing additional to make them perfect, but some of the sweet western cherries are so extremely sweet that even to make them tender they must be cooked with a little acid fruit juice. A trick of a fine old western housewife was to add from one-fourth to one-half a lemon sliced thin, skin and all, to each four cupfuls of the cherries when they were put on to cook until they were tender. This applies especially to Republican, Lambert and Tartarian. However, in case you use red currants with your cherries the addition of the lemon is not necessary as the currants supply the required acid. Except for this point, western cherries in general may be canned as follows:

CANNING CHERRIES

1. The day before canning, wash jars through soap suds and 3 hot rinse waters and turn upside down in wash boiler with rack in bottom. Boil clean rags and dry in hot sun.

2. Day of canning, put wash boiler over low gas flame with 2 inches of water and allow jars to sterilize in hot steam while you prepare fruit.

3. Using a quart fruit jar, measure how many quarts your preserving kettle will hold when three-fourths full. Wash and pit the cherries and put them in the kettle to that depth.

(*Note.*—If cherries are very sour, blanch them to reduce acidity: put cherries in strainer and lower into rapidly boiling water for 1 minute, then hold under cold water, before pitting them.)

4. In pitting, save all juice and seeds; cover pits with juice and water and simmer for 20 minutes, stirring occasionally. (If you want something extra nice, add some red currants to this brew. Even two tablespoonfuls to a quart will make a big difference.)

5. Drain juice from pits through sieve, pour over cherries in preserving kettle, bring to a slow boil and cook thus for 18 minutes.

6. Put a pan of water with a fork in it on center burner. Turn boiler containing jars sidewise on right-hand burner. Have fruit ladle boiling with the cherries.

7. When cherries are tender, add 1 cupful of sugar to every 4 cupfuls of cherries and juice—that is, 1 cupful to each quart. Sugar masks the flavor of fruit, so use as little as possible. Let boil 2 minutes after adding sugar.

8. Arrange jar lids on table at left while sugar is melting.

9. With a cloth around your hand, lift hot jar from steaming boiler, set it in the pan of boiling water on center burner; drop jar lid into water beside it; fill jar with boiling fruit.

10. Wipe top of jar with clean, sun-dried rag.

11. Lift lid of jar with fork, being careful not to touch the under side of lid with anything but the tines of the fork, and set it on jar. Seal, and place on dry newspapers in a box.

Note.—Jars with glass lids and jars that take rubbers should have lids and rubbers on them when you put them into the boiler to be sterilized.

CHERRIES PRESERVED IN CURRANT JUICE

This makes a more acid preserve than cherries alone. Wash 8 cupfuls of cherries, and pit them, saving all juice and seeds. Put juice and seeds on to boil in 2 cupfuls of water with 1 cupful of currants that have been washed and looked over but not stemmed. Simmer for 20 minutes while crushing. Strain through cheesecloth.

Add pitted cherries to juice and boil until tender. Then add 4 cupfuls of sugar if you like an acid preserve, or 6 cupfuls if you like a sweet one. Boil 10 minutes or until syrup is thick. Pour into hot, dry, oven-sterilized glasses or jars and seal or cover with paraffin.

CHERRY AND STRAWBERRY JAM

Pit cherries (any kind) and grind into pulp. Hull strawberries and grind into pulp. Then make the jam in following proportions:

2 cupfuls of crushed strawberries
2 cupfuls of crushed cherries
7 cupfuls of sugar
½ bottle of liquid fruit pectin

Measure sugar and fruit into a large kettle so it will have plenty of room to boil up. Bring to a full, rolling boil over hottest fire while stirring constantly. Boil hard 1 minute. Remove from fire, stir in pectin, and stir and skim for 5 minutes. Pour at once into dry, hot, oven-sterilized jars or glasses and seal or paraffin. (*Note.*—For jams and jellies always wash and rinse jars as for canning, but sterilize them in a slow oven instead of with steam.)

CANNING APRICOTS

The methods outlined in these articles are the methods of a practical housewife and are not intended to be technical or learned. They offer short-cuts and easy ways to handle each fruit as the author has worked them out for her own use, with the simplest utensils such as any woman has on hand or can borrow from the next door neighbor. For more technical methods write to your own state university or agricultural college, and ask for the circulars on home canning.

Never, *never*, use apricots even slightly green! They must be fully colored all over, because if they are green there is an astringent taste that no amount of sugar will down.

Now if these instructions were highly technical, you would be told to put aside all the soft apricots for jam and to use only the hard, firm fruit that will hold its shape in the jars; but I warn you, if you do you'll be missing something wonderful in flavor. Don't bother about appearances; just can them all together, the melting ripe ones with the firm ones. You may expect them to be mushy, but oh, how delicious!

Here is step-by-step procedure:

1. The day before, prepare jars and rags as directed for cherries.

2. Canning day, put boiler with jars on to sterilize while washing apricots. If very dirty, the first water should have some water softener in it and even a little mild soap. Rinse 4 times, the first time through very warm water. Do not pare them.

3. Drain fruit and take out seeds. Split some of the seeds and take out kernels and blanch them—about a cupful.

4. Make a syrup of 2 cupfuls of sugar to 4 cupfuls of water, and boil until sugar is dissolved. You will need about 20 cupfuls of syrup to every "lug box" of fruit—30 pounds.

5. If you haven't a steam canner, borrow an extra wash boiler, and arrange

YET THESE JELLIES THAT MANY THINK IMPOSSIBLE TO MAKE ARE EASY WITH CERTO.

Let Mrs. C. Arlt of St. Paul, Minnesota, winner of 30 State Fair jam and jelly prizes last year, tell you how to make them this season.

"My grandmother was a *wonderful* jelly-maker—but I know she would have had trouble with any of the jellies at the top of the page.

"But now with Certo and the convenient Certo recipes any one of these jellies is easy—and they're about the finest tasting jellies there are.

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"You see with Certo your jam or jelly seldom requires more than a minute boiling instead of the usual 25 minutes or so. As a result of this short boil you save much time and labor, of course. And in addition you save money—since none of your fruit juice has time to boil away.

"Moreover, you get far better flavor. The real flavor of the ripe fruit itself stays right in the jelly or jam.

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"You will find the recipes I spoke of for all five of these jellies (and 84 others, too) in the booklet under the label on the Certo bottle as shown below."

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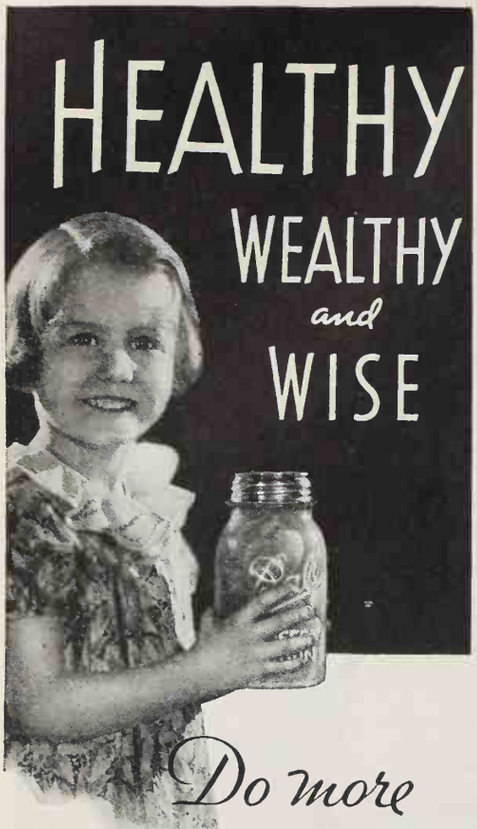
Certo is bottled pectin—a natural fruit substance that makes jellies "jell." When you add Certo to your fruit and sugar mixture, just as the recipes specify, you can make perfect jelly or jam from any fruit. Certo is a product of General Foods.

FREE!
89 RECIPES
Just slit the label of the Certo bottle and note the handy booklet of jam and jelly recipes. Different fruits, you know, require different handling—the reason that Certo gives you separate recipes for each fruit—89 in all!
CERTO



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a rack in bottom to keep jars from touching it; set it over 2 burners on the stove with 4 inches of warm water in it.

6. Set boiler with steaming hot jars on a box on the floor near you.

7. Have the syrup boiling, on the third burner.

8. Have a pan of hot water on the fourth burner.

9. Take a hot jar from boiler (replacing boiler lid to keep jars hot); set it in pan of hot water on fourth burner, put in ½ cupful of boiling syrup, then drop cold apricot halves into this syrup in the jar, packing down firmly; add more syrup and more apricots until full; wipe top of jars. (*Note.*—In two or three of the jars drop a few blanched kernels).

10. Adjust jar lids, not too tight; set jars on rack in wash boiler; put cloth over boiler unless lid fits down very tight. Put the lid on, bring to a boil slowly, and boil for 25 minutes at sea level. (Increase time of boiling 20% for each 1000 feet *above* 1000 feet altitude). Remove jars and complete the seal.

If you have a pressure cooker, never put any kind of fruit under more than 5 pounds pressure.

DELICIOUS APRICOT JAM

18 cupfuls of sliced apricots
Blanched kernels of the apricot seeds
3 medium sized oranges
3 medium sized lemons
12 cupfuls of sugar
1 bottle of liquid fruit pectin

Cook apricots without peeling them until soft and mushy, then put through coarse sieve to remove peelings. Some persons peel them first, but the skins have a high flavor. Put pulp back to boil with the kernels, the grated rind of the lemons and oranges and their juice, and the sugar, and cook until thick; take from fire and add pectin, stirring and skimming for just a moment. Pour into hot, oven-sterilized jars or glasses and paraffin at once. This recipe will make jam without the addition of pectin, but pectin gives a firmer product.

CANNING THE EARLY PEACHES

This method is for the very early peaches such as Early Alexander—the kind that stick to the seeds—and not for any other kind, although it can be used for the White Heath clings that ripen in late fall. Do not take the seeds out. They are part of the delicious flavor. As these peaches are very watery and shrink a great deal, use the open kettle method as described for cherries. Wash the fruit as for apricots, pare them and put parings on to boil with water to cover. Boil 20 minutes, strain juice, and measure it with a cup as you dip it over the peaches in the preserving kettle; then add 2 cupfuls of sugar to every 4 cupfuls of juice used. Can only a few jars at a time. Do not attempt to make jam or anything else out of these early peaches. Wait for the later ones.

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ROSICRUCIAN BROTHERHOOD
SAN JOSE CALIFORNIA

Ham 'n' Eggs

(*Continued from page 51*)

of milk or hot water, one half cupful of chopped ham, one fourth teaspoonful of salt and a little pepper, and two tablespoonfuls of butter, or one tablespoonful of oil. Make as a French omelet is made, by beating eggs slightly. Add milk or water, seasoning, and ham. Melt the butter or heat the oil in an omelet pan, turn in the mixture, and cook over a low flame. With a spatula loosen the egg as it cooks, lift, and allow the uncooked portion to run to the bottom of the pan and cook. Before all the egg has set, slip spatula around the edge of the pan, and turn or fold the omelet. Turn into a warm platter, and if garnished at all, have a fresh spray of parsley on top.

Two other dishes using ham and eggs are excellent for luncheon. One is a timbale of ham with cheese sauce or tomato sauce, the other is that aristocrat of egg dishes—Eggs Benedictine. Both recipes have been given in SUNSET, so I shall not repeat them. For a buffet supper, have thin slices of cold or baked ham arranged on a platter, surrounded by nests of crisp lettuce and in each a hard cooked egg, cut in halves lengthwise and covered with highly seasoned mayonnaise.

And so on and on. There seems to be no end to the ways of dressing up our National Dish—Ham 'n' Eggs.

•

HUMMINGBIRD'S NEST

HERE is the tip of a little blue feather,
A little yellow feather and a peachbloom nest
Woven of the fuzz that looks like the fuzz
From a peach that is mellow—
This is the look of the hummingbird's nest
That somebody found in the crotch of my tree. . .
A wee tip of blue waving over,
A banner of gold waving over—
And two little hummingbird babies
Gaping at me.

—ESTELLE THOMSON.

when garden space is limited, to make a hanging shelf for garage or aviary. I made mine by extending two rafters as indicated and then boring holes in a board the correct width. From the rafters, rope supports hold the shelf.

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Tuna Loaf (Chilled)	Tuna Salad in Vegetable Ring
Tuna Croquettes	Toasted Tuna Sandwiches
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Sunset Kitchen Rangers

•

ONE of the most coveted outstanding characteristics of an experienced camp cook is his ability to get a delicious meal in an amazingly short time. If you lack the experience but still want to put on a single meal for a group without the embarrassment of having your guests stand around telling you how hungry they are, here is a menu that can't be beat. Its main secret is as much beforehand preparation as possible, and, leaving out the details of pickles, salad, coffee, and dessert, its principal components are grilled steak, rolls, and boiled noodles. Simple? Surely. That's the secret of a good camp meal—simple, quick and filling. And if you've never enjoyed the combination of steak with boiled noodles instead of the usual potatoes, you've a real treat in store.

Here's how: buy good steak cut thick and have the butcher slice it in strips about an inch and a half wide. If for a mixed crowd, a half pound per person will average about right—the women will probably eat less and the men more. If your crowd is all men, figure accordingly. By the same token allow either two or three long rolls per person.

If you haven't a grill with folding legs, borrow one of the racks from your kitchen range oven and prop it up on rocks. Your fire should of course be of hardwood—oak is ideal, but cedar, manzanita, ash, or even cottonwood will do. And don't be too proud to take a supply with you in the back of your car if the desired kind is not to be found at your favorite camping spot. Map out beforehand just what you are going to do with each minute of your time, and you should be ready to yell, "Come and get it!" in half an hour.

Get your fire going the very first thing. Pine needles are the best kindling, or any tinder from shredded cedar bark to newspaper may be used. If you need the latter, put some in with the same foresight you use in remembering salt and matches. With a quick blaze started, pile on the hardwood, split rather fine, ricking it up to get a maximum draft. Put on twice as much wood as you think you will need, as there must be a thick bed of coals and this fire cannot be replenished later. Now is the time to carry water from the stream or spring, unload the car, and split the rolls. Put on the fire the coffee pot and the pot of water in which the noodles are to be boiled. I usually have two separate fires, or at least two parts to my one fire—one burning down to slow coals, the other brisk and hot for boiling water quickly. My favorite narrow egg noodles are dropped into the water when it is boiling hard, after breaking them into fairly short

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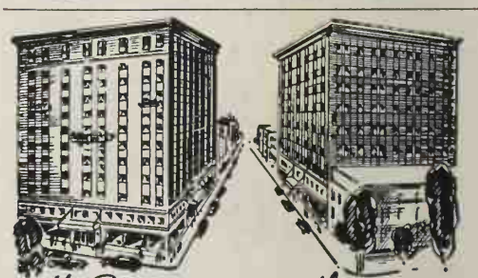

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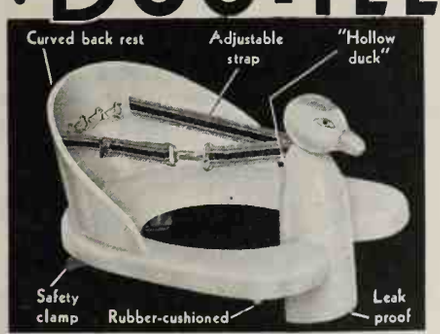

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FREE FOLDER: "HOW TO TRAIN BABY"

pieces; I like mine cooked longer than the instructions on the package suggest —about 20 minutes in our altitude.

When the hardwood fire is down to coals, level them out with shovel or gaunch-hook, and set the grate up over them. Leave only a slight clearance, as the meat must be quickly seared to keep the juices in. Brown one side thoroughly before turning, for half the secret is quick heat and the other is to expose each side *only once*. Turning meat back and forth, whether over a fire or on a griddle, makes it tough.

As soon as a piece of steak is cooked, salt and pepper it, and lay it in a Dutch oven warmed on a few coals, or on a tin plate near the fire. When the last piece is removed, the noodles should be tender, and all that remains is to drain them, stir in a good sized hunk of butter, and your meal is ready for the guests to help themselves. Only forks for the noodles and salad are necessary, as the steak is eaten in the rolls, a la barbecued meat.

Another lighter "one dish" meal, especially good for summer picnics, is the "Arizona Club Sandwich." This is a round roll, or slices of bread, with lettuce, hamburger, tomatoes, mayonnaise, and bacon between. Again you can save much time by doing a lot of the preparing at home. This is especially true of the hamburgers, which can be flattened out in advance between two plates (as restaurants and stands always do) and stacked with a sheet of waxed paper between each two. The addition of one cupful of fine dry bread crumbs and about half a cupful of cold water to each pound of ground meat (stir well and let this mixture stand for ten minutes before making into hamburgers) will keep the meat from shrinking when cooked and also gives it a desirable moistness. Set out the ingredients while your fire is burning down (be sure not to leave out a one), and you as cook have but one responsibility—to keep the hamburger and bacon supply from becoming exhausted. The guests may pull their own lettuce leaves from the head and cut slices of tomato as needed.

To cook the bacon crisp, don't forget these simple rules of the expert: slice thin, start in a cold pan (or in lots of grease); cook slowly and turn frequently.

—F. V. Brown, Flagstaff, Arizona.

It's a good idea ~ ~ ~

to plant a Silver Fleece vine close to a buddleia (summer lilac). By the time the buddleia gets shabby looking, the vine will have covered it with flowers.

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This Month in Western Gardens

by MARIE OLSSON

ONE of the latest additions to my garden is the pink violet, Rosina. It is extremely fragrant, has a good compact growth, and is covered with flowers from early spring until late fall. It responds luxuriantly to applications of bonemeal at regular intervals. If you have a bare corner in your rockery, plant six or eight clumps of violet Rosina together with as many clumps of the dark blue violet California or Marie Louise (the double one). When Rosina ceases to bloom, the others commence to flower and continue to do so all through the winter.

DIANTHUS DATA

This is a good month to start carnation cuttings. Near the crown of established plants you will find the new shoots; simply break them off at the joint, cut off a part of the leaves and insert them in sand. They will not root for two or three months and during this period they should be kept moist. The dianthus fad is taking hold of gardeners earnestly. While visiting some St. Francis Wood gardens (a residential district of San Francisco), I noticed many borders of Dianthus Beatrix, a low-growing one with delicate pink double flowers. Another low-grower that would make an excellent border is Fuerst Bismark with small rose-colored double flowers. If you wish a border of white flowers, try Bristol Jewel. An improved Sweet William is Dianthus Sweet Wivelsfield—a compact plant that bears hundreds of tiny brilliantly colored and marked flowers. The rock dianthus are delightful and certainly valuable in a dull, dark corner of the rockery. *Dianthus deltoides erecta* is a grand new one for this purpose. These rock plants grow only six or eight inches tall and are tiny bouquets all by themselves for almost every season of the year. Dianthus are easy to grow from cuttings or seed. Do not over-water the plants, grow them in ordinary garden loam, and pick the flowers so that they do not go to seed for they then kill themselves in one year.

Camellias require special treatment at this season. New growth has already commenced and if you want best success—and certainly every gardener does want his garden to be the finest in the neighborhood—feed them this month with generous applications of bloodmeal and bonemeal. The bloodmeal supplies the nitrogen and the bonemeal the phosphorus. They should be watered

GARDEN GROWERS

will have thrifty lawns and gardens by supplying a square meal of Morcrop—the completely balanced, humus base fertilizer. It makes poor soils good soils.

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regularly and thoroughly during the summer months when they are setting buds for next year's flowers.

When your spring flowering bulbs no longer enhance the garden, purchase a packet of Virginia stocks and scatter the seed over these bulb beds. The seeds are very tiny and so should be covered only very slightly with soil. As they come up, poor specimens should be thinned out leaving established plants about four inches apart. This annual grows about eight inches tall, and the tiny flowers come in many clear colors.

Kalanchoe globulifera var. *coccinea* has grown in popularity until this spring it has become one of the favorites for indoor culture. Because it is a succulent it can withstand the temperature of steam-heated apartments — one fact which accounts for its popularity! The scarlet flowers are borne in clusters on tall stems and resemble bouvardia. You may easily grow this plant from seed sown now or you can obtain small plants from your nurseryman.

PLANT ANNUALS NOW

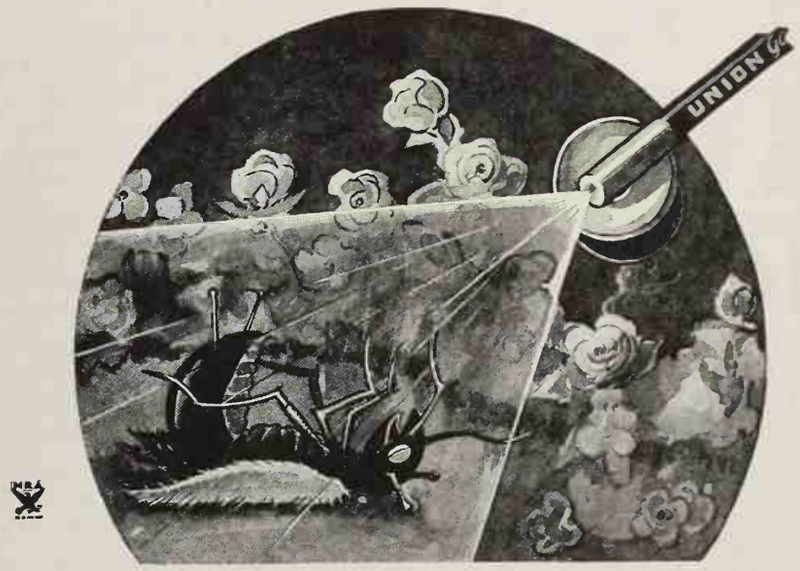
Seed of all annuals may be sown in the open ground this month. Don't forget to try a packet of the dwarf Lilliput zinnias if you didn't grow this attractive plant last season. They do well in moderately rich soil, in full sunshine, and require little or no care once established. They grow about eight inches tall and each plant bears many miniature zinnias in exquisite colors.

"To dig or not to dig daffodil bulbs!" That is a question which confronts many amateur gardeners. If you are one of those tidy gardeners who must have everything cleared before you plant something else, then dig narcissi bulbs now, store them in peat moss or excelsior, and replant them in two or three months. It is not advisable, however, to lift bulbs every year since after all digging is not the natural treatment of any bulbs—commercial growers perform this task so that they may divide them each year and resell them. Narcissi start new growth almost immediately after flowering, and so if you do dig them to divide them or to move them to some other part of the garden, do not allow them to remain out of the ground for more than three months. It really is best to replant them immediately. Be sure to allow the foliage to die down before digging them or they may not bloom the next season.

Since so many flowers are blooming at this season, let us give thought for a moment to flower arrangement. Here are a few simple fundamentals that will help to make your flower arrangements real subjects of art. The height of a bouquet should be about one and one-half times the height of the vase, or one and one-half times the diameter of a bowl, if arranged in a low container. Dark colored flowers and small flowers

SURE *death* TO BUGS!

...YET HARMLESS TO PLANTS!



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You simply mix Union Garden Spray with water and it's ready to use. The soap spreader is already added. It makes a fine, atomized spray which covers instantly and completely. Sure death to garden pests, yet *harmless* to plants.

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Not a by-product like bone meal or manures, Vigoro is a complete, balanced plant food. It safely supplies *all* the food elements your plants need from the soil.

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The SQUARE MEAL that assures rich BEAUTY in Lawns and Flowers

Gardeners Take Notice

Today we gleaned from our files a miscellaneous collection of garden booklets and leaflets, which we shall be happy to mail you. If you wish some of this worthwhile garden material, send us your name and address and be sure to enclose a three cent stamp. Write early before the supply is exhausted.—The Garden Editor.

You Need "Black Leaf 40"

The enemy of insect pests. "Black Leaf 40" has the advantage of "double killing action"— by contact and by fumes. Kills insects quickly. Experiment Stations use and recommend "Black Leaf 40." Concentrated—a little makes a lot of spray.

MANY USES. When sprayed on the lower branches, protects shrubbery from dog nuisance. Kills insects on plants and animals. Poultry lice and feather mites killed by smearing "Black Leaf 40" lightly on perches. Directions on labels and free leaflets tell how to kill various insects with "Black Leaf 40."

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should be lower than light colored and large ones. If your room is to boast of several bouquets, place the most striking arrangement at the focal point in the room—that is, at a point which first greets the eyes of visitors. By the way, if you do not own a flower holder large enough to support a stout branch of forsythia or Mexican orange you can hold such sprays in place with a few moss covered rocks. Color harmony is essential—if you feel you are lacking in selecting discriminating color arrangements, purchase a small color chart and combine flowers either in direct contrast or those that are in close harmony.

•

May Flower Shows

The Forest Hill Garden Club of San Francisco will hold their Second Annual Flower Show on May 25th, 26th, and 27th, from 2 to 9 P. M. The affair will be held in their clubhouse at 381 Magellan Avenue.

The Thirty-Second Rose Carnival of Santa Rosa will be held May 17, 18, 19 and 20. The grand floral parade of the Rose Carnival will be held on Saturday morning, May 19. The Junior College of that community is sponsoring a Flower Show from May 18 through the 20th as an added feature of this festival.

The Santa Cruz Flower Lovers' Club announces that their spring show will be held on May 6 and 7, in the Mission Hill Junior High School of that town.

One of the most novel of flower shows is the annual festival of the California Spring Blossom and Wild Flower Association. The date is May 14th, the place the Palace Hotel, and the time from 2 to 5 in the afternoon.

The Lompoc Flower Show will take place on June 2 and 3. At this time the famous flower fields of Lompoc, featuring flowers of every hue grown for the seed markets will be at their height of beauty. This show will feature many new and interesting perennials.

The Burlingame-San Mateo Garden and Flower Club will hold its Seventh Annual Spring Flower Show at the Don Lee Cadillac Building, California Drive and Howard Avenue, Burlingame, on Saturday and Sunday, May 5 and 6.

So successful was the first Navel Orange Pageant in Riverside last year, that the Festival is being repeated this year. The pageant will be on Friday, May 4th.

The San Fernando Valley Garden Show will be held May 18, 19 and 20 in North Hollywood Park.

Please remember that we are always glad to mention flower shows provided the notice reaches us in plenty of time.

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The new **Moore**
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Produces Healthier growth, more Colorful Flowers, Greener Lawns.
Destroys SNAILS and SLUGS by contact. Checks APHIDS, MEALY BUGS, SOW BUGS and their larvae in the soil around roots of plants. Effective wet or dry. Non-poisonous. Will not harm birds or pets.

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Please send me at once full particulars of your plan to give my boy a business training

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A Garden in Your Heart

(Continued from page 22)

being a political club or a social club or a cultural or literary club. If gardens are your objective, then stick to gardens."

To San Francisco's Shakespeare Garden in Golden Gate Park, planted with the trees and shrubs and flowers mentioned in the works of the great dramatist, Mrs. Whitley points as a demonstration of the accomplishments of this group of garden-lovers of which she is the president.

"Credit for the original idea of planting a garden with all of the growing things of Shakespeare's writings is due to Miss Alice Eastwood, honorary life president of the California Spring Blossom and Wild Flower Association. And to Miss Katherine Chandler, who has since died, is due the credit for the carrying out of the idea.

"Members are rightfully proud of the graceful garden that today spreads greenly before the bust of Shakespeare, filling a glen in the park, and embodying the flowers and plants mentioned in his plays. It is the embodiment of a beautiful thought."

Other accomplishments of the association, in addition to its yearly spring show of wild flowers and spring blossoms, include: The planting of California poppies on the slopes of Yerba Buena Island, situation of the United States Naval Training Station in San Francisco Bay, where now one span of the trans-Bay bridge is beginning to rise; planting of eucalyptus trees on highways of the Bay region, and planting of nasturtiums in parkways; planting of the "welcome" garden that greets arrivals in San Francisco at the Ferry Building, at the foot of Market street.

"We feel, however, that our greatest achievement is the creation of that feeling of intimate, informal association that comes to us with our club programs given largely by member talent," added Mrs. Whitley. "And even though we are city people, we feel that we are keeping alive a flame of friendship and genuine neighborliness when we exchange our slips and seeds and plants. We are following the same gardening spirit of the first gardeners in our state," she concluded. For gardeners everywhere are kinfolk, according to this one of them.

•

The Dahlia Society of California and the San Francisco Dahlia Society have joined forces under the name of The Dahlia Society of California. They are planning to hold their show this year during the last week of August at the Fairmont Hotel, and promise the West the largest dahlia show ever staged.

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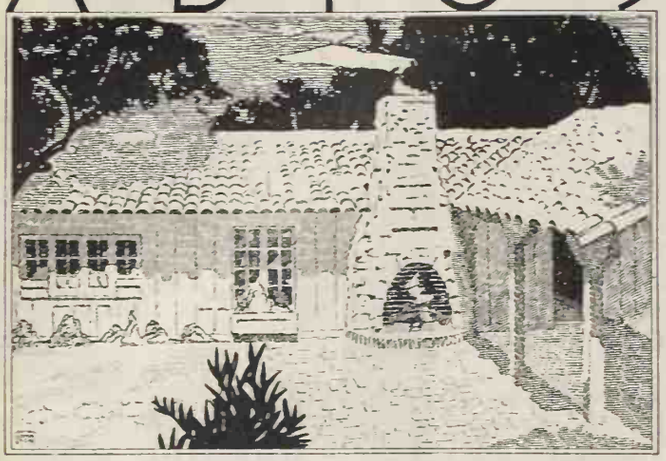

WE now come to the last page of this May SUNSET. We are sorry, for it has been particularly pleasant putting together the paragraphs that go to make up this special outdoor number. Every page is an invitation to come out into the sunshine, to get more sheer joy out of living and working here in Sunset Land.

•

There are 215,000 copies of this May SUNSET being printed. One copy will go to President Roosevelt, his subscription being a gift from a loyal American in Los Angeles. One copy will go to Jerusalem; one to Greece, two to South Africa and two to China. These two subscribers in China take the magazine because they want the garden book. How they heard about it we do not know, but we do know that every magazine going to China must carry two address labels, one written in English and one in Chinese, the Chinese labels being furnished in advance by the subscribers. There will be 146 May SUNSETS mailed to Hawaii and 406 to Alaska. Five copies go to lighthouses along the Pacific Coast, and eight copies to ranger stations. These May SUNSETS will travel in airplanes, ocean liners, automobiles, trucks, trains, saddle bags, dog sleighs, and stages.

•

More than 98%—over 200,000—of these May SUNSETS, however, will go into Sunset homes grouped in cities, suburbs and towns of Sunset Land. We picture this typical Sunset home as standing quietly on a shaded street or tucked away in the hills overlooking one of our western cities. The house itself may be large or small but there is an unmistakable Sunset air of contentment and happiness about it. There are flowers in the garden, strange shrubs, exotics and alpines not found in gardens back in Ohio and New Jersey. Within the Sunset home there is hospitality and cheer. A spicy fragrance comes from the kitchen where Mrs. Sunset cooks and bakes a la "The Kitchen Cabinet." In a corner of a closet stand Dad's and the boys' fishing paraphernalia, while out in the garage is the camping equipment all ready for a weekend in the mountains or at the seashore. These men and women who read SUNSET have the same old pioneering spirit that has built our Western Empire. They love adventure whether it is found in building a rock garden or in blazing a vacation trail through the wilderness.

•

Now that this May issue is finished, we begin worrying and wondering how you will like it, and what sort of letters you will write us regarding it. Your comments and suggestions are always helpful and whenever possible we act upon them. For instance, after the March issue came out we received the following letter: "*Congratulations! Our charming magazine is growing up very gracefully indeed. In the few months that I have received Sunset I have come to consider it a real necessity. There is one thing, though, that it lacks. How about a section on artistic flower arrangements in the home? The West has so many gorgeous flowers, shrubs, berries, leaves and grasses—why not tell us how to arrange them artistically in bouquets? Many persons who enjoy growing flowers need only a few suggestions to start them on the most exhilarating creative work that I can imagine. I believe that a few photographs or drawings each month would soon inspire Sunset readers to make their flower arrangements outstanding in the neighborhood.—Mrs. O. M. G., Los Angeles.*" Just one week after receiving the above letter we planned "The Bouquet of the Month," a feature to start next month. So, you see, your letters are appreciated.

•

It is pleasant to note that every special day found on the May calendar is, in some way, connected with flowers. May Day, Mother's Day, Buddy Poppy Day, Memorial Day, all wear their crowns of blossoms. We all look forward, however, to the time when in expressing our sentiments on these occasions we shall not be content merely to "Say it with flowers." When May Day activities are earnestly devoted to promoting child welfare; when Mother's Day (as it does this year) marks a step forward in the campaign to save mothers from unnecessary death; when Memorial Day observers wage a fight to end wars, these hallowed days will take on a significance more in keeping with an awakened intelligence.

•

Among the many good things coming to you in your June SUNSET, will be special observance of Oregon's big birthday party, its Diamond Jubilee which marks 75 progressive years as a state of Sunset Land. Oregon, always the land of happy vacations, offers even more this year to the vacationist. Personally, we plan to make the trip in June, enjoy the pageant and celebration at Medford from June third to ninth and then go on to Portland for the Rose Show, immediately following. Your June issue will reach you in time to bring you last minute news of Oregon's Jubilee events, but plan now to act on the old cry, "On To Oregon!"

•

And now we come to the last paragraph of the last page of this May SUNSET. We hope that within these pages you have found much of helpfulness and inspiration. If something in it has particularly pleased or displeased you, won't you write and tell us about it, please? Thank you, and *Adios* until next month when we greet you again.

Lou Richardson

SUNSET MAGAZINE
THE PACIFIC MONTHLY

Vol. 72 June 1934 No. 6

BURLINGAME PUBLIC LIBRARY

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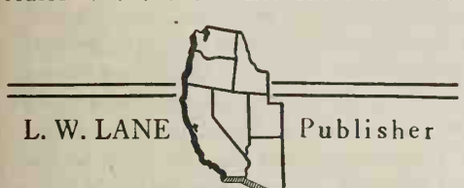
Marie Olsson
Adios . . . . . *Lou Richardson* 60



L. W. LANE Publisher

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ADVERTISING OFFICES
Main Office, San Francisco, Sunset Bldg., 1045 Sansome St
New York, 501 Fifth Ave. Boston, Old South Bldg.
Chicago, 919 North Michigan Ave.

SUNSET is the magazine for people living in the Pacific West. Subscription rates 50 cents for one year; $1.00 for 2 years. Canadian and foreign subscriptions $2.50 per year. The editorial contents of this issue of SUNSET are copyrighted and only reliable advertising appears between its covers.

Published monthly by LANE PUBLISHING CO. Sunset Building, 45 Sansome Street, San Francisco, Pacific Central E... entered at San Francisco Post Office as second class ...tter. (Member of the Audit Bureau of Circulation.)

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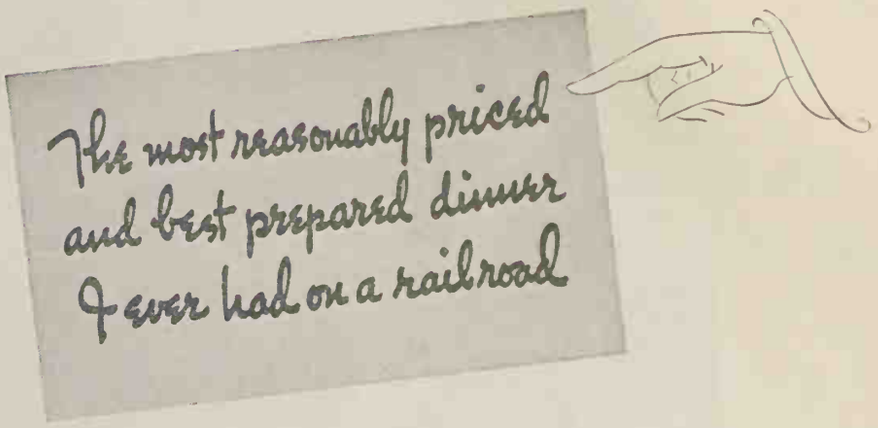
FOUND
on a dining car table



THIS was written on the back of a business card, found on a table in the dining car of our Sunset Limited, somewhere between Los Angeles and New Orleans. The card bore the name of a man high in the consular service of a foreign country. We hope he will see this advertisement and know again that we appreciate his thoughtfulness.

People seldom take the trouble to compliment a railroad on its service. So we are a little more than pleased with the many letters and comments praising our "Meals Select."

Luncheons and dinners are priced at 80¢, 90¢, $1, $1.10 and $1.25, depending upon the entree you select. Soup, salad, vegetables, bread and butter, beverage and dessert are included in these prices. Club breakfasts range from 50¢ to 90¢.

MEXICO-HAVANA
NEW YORK-WORLD'S FAIR

Here, we think, is one of the greatest tour values ever offered. Mexico, Havana, New York, World's Fair—$261.10. This rate includes rail fare from any Pacific Coast city to Mexico City on our *West Coast Route,* rail fare from Mexico City to Vera Cruz, voyage on a luxurious Ward Line steamer from Vera Cruz via Havana to New York, rail fare from New York back to your starting point (stopover in Chicago for the World's Fair). Full details from any Southern Pacific agent.

A ROUNDTRIP THAT IS ROUND!

Low summer roundtrips are in effect every day until October 15, return limit October 31. (For example, $86 roundtrip to Chicago, good in all types of accommodations; $68.80 roundtrip in tourist Pullman, plus berth; $57.35 in coaches or reclining chair cars.) And here is how you can make a roundtrip that is really *round.* Our four leading trains approach the East through four entirely different scenic regions. By going East on one of these trains and returning on another, you see twice as much of the United States. Yet the rail fare is exactly the same, to most points, as for a trip straight East and back.

These four trains—Sunset Limited, Overland Limited, Cascade and Golden State Limited—will each carry from three to four air-conditioned cars this summer.

MAIL THE COUPON

F. S. McGINNIS, Dept. SM-6, 65 Market Street, San Francisco.

Please send me information about a trip to_____

*Name*_____

*Address*_____ *City*_____

Southern Pacific

PHOTOGRAPH BY NORMAN EDSON

Sunset GOLD

ANYONE who has ever sat on the porch of a cabin hung on the side of a mountain, and watched a spider weave her web, has been impressed with the seriousness with which she goes about her work. She is not trying hurriedly to put up just any old kind of web that "will do" to catch flies of sub-normal intelligence. She aims at nothing short of perfection, disregarding such facts as that a heavy wind may whip the fir branches and tear apart her patient work; that a blundering bumblebee may wreck her carefully laid net; or that an unimaginative human may for mere mischief poke his walking stick through those gossamer strands. No, a spider web is not right unless it is made the one best way, and she will follow those traditional rules for achieving perfection in spite of anything.

Isn't it too bad that we humans haven't, by nature, a greater store of that urge to attain perfection? It is the quality that largely determines whether or not we shall have real interest in our work and play — in fact, in life itself.

Work is bound to be drudgery if it is done poorly, or in an entirely routine way, unmotivated by a desire to do the job as well as it can possibly be done, and not merely well enough to "get by" without too much criticism. Too much emphasis has been placed on speed and quantity of work done, and not nearly enough on the quality of that work.

Seriously do I plead with parents and teachers that they work to inspire—yes, inspire—the children in their care with high standards of workmanship in every line of endeavor, and that they teach those children how to do things really well. Thoughtlessness, carelessness, forgetfulness, as well as poor spelling and punctuation and the like may be forgivable in children; but they are the qualities that hold those boys and girls back when, grown up, they attempt to make their own way. The incompetent have no place in the world of business and industry, in good times or bad.

Be fair to your children! Give them at least as good a start in life as young spiders have! Equip them with the ability to do things well, and to do them well without constant supervision. Let them—probably I should say make them—learn to work as well as to play: to mow the lawn neatly as well as to swim; to clean the living room as well as to dance; to make smart clothes as well as to select them in the shops; to wash and polish the car as well as to drive it with a jaunty air. Such practical training will never hurt them in the world of real people—and how it will help them in building jobs, and lives, of their own.—G.A.C.

Plant Them With a Pinch of Patience

. . . *these Rare Rock Plants that You Can Grow from Seed*

HERE ARE RULES AND REGULATIONS AS GIVEN BY ANDERSON McCULLY, FAMOUS ROCK GARDENER

DOES raising alpines and rare rock plants from seed seem at first thought anything but a short cut to a fine garden? Perhaps plant quarantines and anaemic bank accounts have passed you by. For the rest of us there are rewards for second thoughts—strange excluded beauties from far mountains that may enter the country only as seeds; whole colonies of plants scampering across a rock face where purchased ones would sit solitary.

Trouble? Difficulties? Very slight, just a pinch of patience and a little understanding. Alpine seeds are not more difficult than average perennials, just a little different. Mountain treatment places the burden of survival upon the plant. Like perennials of the border, different alpines need somewhat different treatment—sun or shade, moist or dry, rich fare or meager, lime or acid. In general they should be sown in a fine friable compost, kept moist but not stagnant, protected from drip, heavy rains, and mid-day summer suns. The more temperamental demand dry crowns with moist feet. Any equipment that will care for these things will be practical. Alpine houses and cold frames are conveniences, but not necessities. Personally I treat my alpine seedlings "rough," just flats, outdoor benches, and seedling bins. True high alpines profit by exposure to snow or frost where this is available. It seems an aid to germination. There are many fine rock plants from the lower slopes of California mountains, the Mediterranean, and other warm lands that would be tender under such conditions. They make better choices for those who live south of San Francisco. Lath or other good shading is a life-saver in the South; while the North Pacific should use a pane of glass to protect choicer seeds from the winter wet.

Many of the more rampant alpines may be sown in chinks and crannies where they are to grow. With choicer things, or for a very high percentage of results, seed pans or flats are best. Between these two extremes are seed beds and cold frames. A rectangle 3x6 feet, made of four strips of 1x4 inch board painted dark green is very convenient to mark off seed beds, and may be instantly lifted for remaking the bed or shifting to a new position. In general I prefer the readily shifted flats. One 10 by 15 inches is an easy size to handle. I use 1x3 inch lumber, and the thicker end of a shingle with drainage holes for the bottom. This gives a very slight slope toward or away from the light as the box is set. A coat of dark green paint improves the massed appearance, and also lasting qualities. Of course if only a few seeds are planted, such painstaking labors are not at all necessary—commandeer one of the grocer's delivery boxes and cut enough off the top to make it a good depth.

Gravel happens to be the most convenient drainage material for me and is very satisfactory. Broken bricks, crocks, mortar rubble, or cinders are all good. Just be sure that about one inch of something is used. (*Continued on page 8*

Bits of garden lace growing in the gardens at Santa Maria Inn, midway between Los Angeles and San Francisco

Complete Directions for Growing Alpines

A light, friable, finely sifted compost on the sandy side is with rare exceptions the best sowing medium. Special plant foods and tastes do not in general need great consideration through stages of germination, though distinctions are of course made between shady moisture plants and dry sun-lovers. Finely chopped peat moss is mixed with the compost by most growers. I have a transportation problem, but unlimited leafmold, so I've gone without the peat, but mixed sharp beach sand with the leafmold to give it more body and weight, also better drainage. One third each of peat, leafmold, and sandy loam makes a good mixture; but I do not believe this compost matter a rigid one. A thin surfacing of sharp gritty sand seems to keep the soil in much better condition.

The question of soil sterilization is a mooted one. I was much opposed to it in my city garden where weeds for many years had met prompt death. Since I've gardened in a virgin forest, I'm boiling my soil hard for an hour or two, then letting it mellow for a week or so in all the sun, rain, and weather at hand. Be careful to arrange protection against unwelcome windblown seeds! A five-gallon pail with the cover kept tightly on for some hours after to hold the steam in seems very satisfactory. Be discreet in the time chosen, for cooking soil has a disagreeable odor. It may also be baked. Large growers use pressure steam.

Whether or not the soil is sterilized, it should be finely sifted. Then sow the seeds thinly on this pulverized surface. The majority are so small that if the surface is left loose and slightly rough before sowing, it will be necessary only to press them into the soil. The pressing should be thorough. Cut a smooth board to fit exactly inside the box. Drive a staple or a nail in for a handle. Stand on the board and step up and down. Dry sowing lessens the danger of seeds sticking to the board. Set the flat in a pan of water afterwards until enough is drawn up through the bottom to moisten the surface soil. Never flood this surface—it will wash the seeds out.

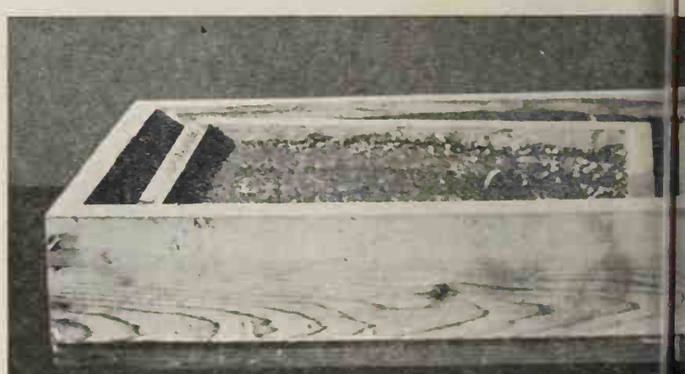
This underground watering is the correct way at all times to water alpine seeds and young plantlets. It keeps crowns dry and roots moist. It repeatedly means the difference between success and failure. If there are many boxes to be handled, a shallow trough is a convenience. A 1″x12″ board makes a good bottom if the flats are 10″x15″. Use 1″x4″ for ends and sides. Calk the seams (thick paint will do it!), then soak the trough to further tighten it. One big grower keeps the flats covered through dry weather with asbestos cut to just fit the tops. It keeps the seeds close and dark, holds the moisture in, and any further watering is done through the asbestos. This must, of course, be removed as soon as the seeds germinate. In spring the usual brown paper and glass may be used to hasten germination.

On the North Pacific slowly germinating seeds such as most gentians, primulas, and dwarf rhododendrons are best sown in fall, while those of average slowness and alpine hardihood do well with December and January sowings. The dianthus, campanula, and other quickly germinating families, as well as the warmer land rock plants are best sown in spring. Summer sowing of all these has given me good results, though they must not be allowed to dry out. Local conditions vary considerably farther south. The idea behind all this is to have the young seedlings appearing above ground just as the best growing season for plants comes in.

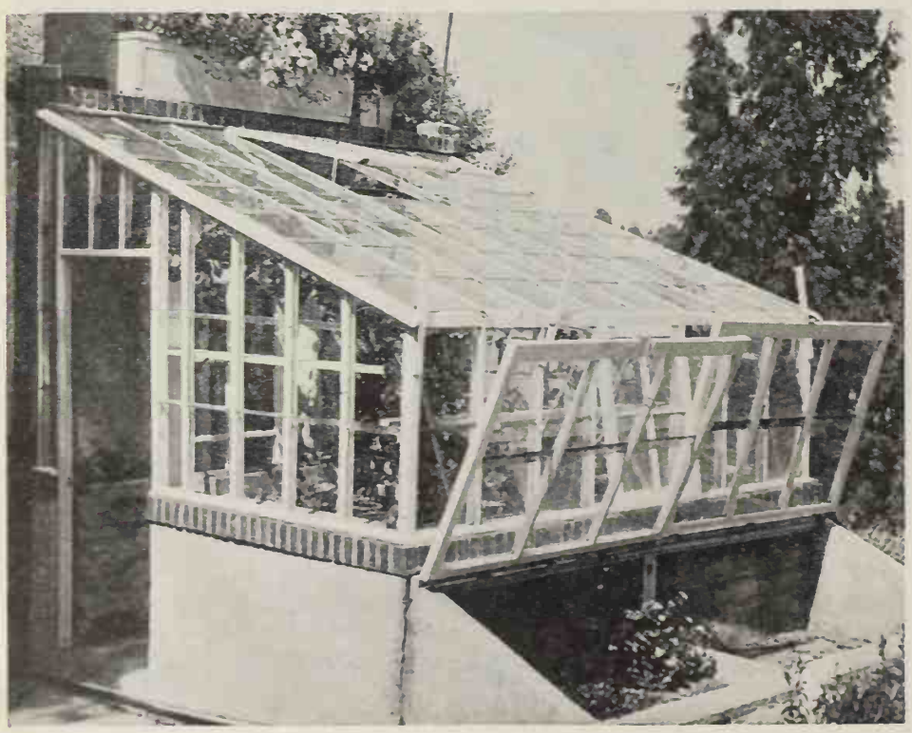
When cold frames are available, the boxes may be set inside them. The glass is always good protection from any beating rains, and screens are easily made for too-burning a sun. One-inch mesh breaks fairly strong rays; but if very hot, use half or quarter inch. White cheesecloth is used by many. Either screen or cloth may be tacked to a large light frame that will fit over a number of flats.

A seedling bin is a great convenience for carrying on the young seedlings. I build mine 12′x3′ and waist high. 1″x8″ lumber is strong enough if well braced by 2″x4″ and a central cross piece used. Slope it a few inches higher at the back, finish the top with 1″x2″ strips, and it will take two standard 3′x6′ sashes in case winter protection is necessary. Beating rains are more disastrous than cold. I find it much easier to set young seedlings out at this height, while the drainage automatically cares for itself.

A finely perforated pipe laid lengthwise a few inches below the surface is easily installed, and makes watering far less hazardous. The filling compost will be somewhat dependent upon the plants grown. The average alpine is not a gross feeder, but does desire a light, friable,



A trough made to fit the seed boxes is a great convenience when it comes to watering



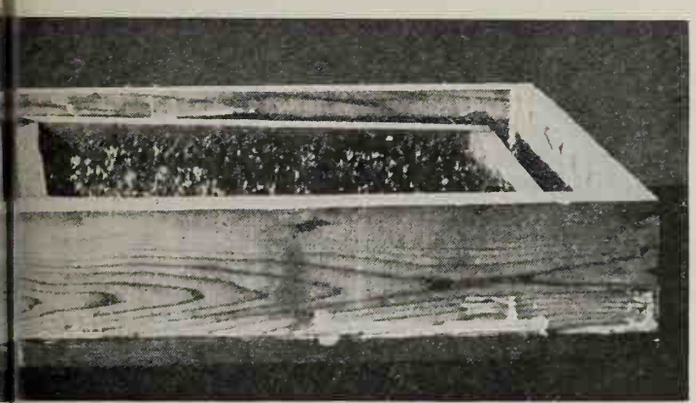
A cold frame and small glass house adjoining house or garage is convenient for growing alpines

From Seed

There is no dearth of plants to cover the rocks when alpines are grown from seed

gritty soil. Leafmold and finely chopped peat with sandy loam make the best all around mixture; and for general purposes, a neutral soil is of wider service than a limed or acid one. Sharp sand and a few stone chips improve the mixture; but with the raised bin fewer of these are needed. It should be thoroughly surfaced, however, with sharp gritty beach sand, very fine stone chips, or fine gravel. In setting the plantlets out, be careful to firm them well. Water before and after moving, and shade for a day or so.

Those who live in the warmest regions of our Coast will find cacti, Mexican sedums, cotyledons, and other succulents splendid for the main planting in the rock garden. Mountains of both North and South Africa also furnish good material, as well as those of the Mediterranean and California. The Northwest has real treasure trove in its own Cascade and Olympic Mountains, while the Swiss and Austrian Alps add many more. Material from the Himalayas seems about equally divided. Fortunately seeds are readily obtainable today in small packets ranging in price



mostly from five to twenty-five cents, though some of the Southern alpines in larger packets are selling around fifty cents.

ROCK PLANTS EASILY RAISED FROM SEED

Those marked (N.) native to the Pacific Coast; (H.) valuable for hot exposures in light soil; (Sh.) need some shade; (S.) more than usually sun-loving and valuable in the South; (W.) must not dry out for they need moisture; (C). cool but need considerable sun, no reflected heat.

These are all rapid growers and usually quick to germinate:

Rockcress (*Aubrietia*) in variety.
Welsh Poppy (*Meconopsis cambrica*).
Arabis in variety.
Veronica rupestris.
Harebells (*Campanulas*) in variety.
C. pusilla alba.
C. garganica or *C. fenestrellata*
C. miranda or *C. tyrolensis* or *C. bellardi*
C. carpatica or *C. turbinata*
Pinks (*Dianthus*) in variety. Family (S.)
**D. roysi* or *D. neglectus*
D. alpinus or **D. callizonus* (less S. than family)
D. suavis
D. frigidus
Fairly quick and easy from seed in home garden:
Violas in variety.
V. Jersey Gem, also white, blue and yellow
V. gracilis and varieties
V. cornuta and varieties
V. Arkwright's Ruby
Primula littoniana (C. W.)
P. farinosa (W.)
P. Red Hugh (Sh. W.)
Gentiana farreri (C. W.)
G. hascombensis (C. W.)
G. lagodeschiana (C. W.)
*Lewisias in variety (N.)
L. howelli
Geranium lancastriense (S.)
Gypsophila repens
Alpine Wallflower (*Cheiranthus allioni*)
Alpine Flax (*Linum alpinum*)
Dwarf Columbines (*Aquilegia*)
A. glandulosa
Edelweiss (*Leontopodium alpinum*)
Lebanon Candytuft (*Aethionema pulchellum*) (H.)
Sunroses (*Helianthemum*) in variety (H.)
Dwarf Pentstemon in variety (N.) (Most H.)

These varieties of Primulas and Gentians germinate and mature more rapidly for me than do their families as a class.

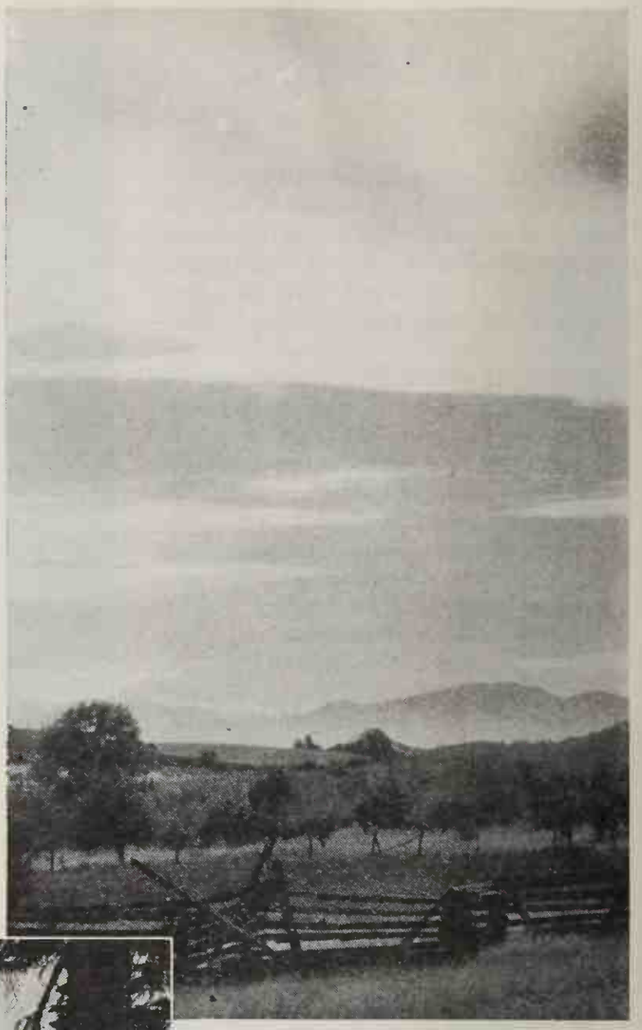
Saxifrages in variety
Saxifraga churchilli (S.)
S. burseriana
Potentilla villosa (N.) (W.)
P. nitida
Silene howelli (N.)
Primula marginata (W.) (Crevice)
P. sino-purpurea (W.) (C.)
P. chrysopa (W.) (C.)
Gentiana acaulis and varieties (W.)
G. purdomi (W.) (C.)
Anemone pulsatilla (Rocky Mts.)
Cacti in variety (S. N.)
Armeria caespitosa
Senecio incanus
Draba aizoides
Douglasia laevigata (N.)
Dryas octopetala (N.)

Those varieties connected by "or" are so similar that except for the collector, one only will be desired. Seed is sometimes easier to obtain of one than of another.

Those marked with an * are exceptionally fine things, and the choice of the two. Lewisias should be called to the attention of Pacific Coast gardeners. I was astounded at the ease with which they came from seed, and an eminent English horticulturist recently called them the most beautiful flower out of America.

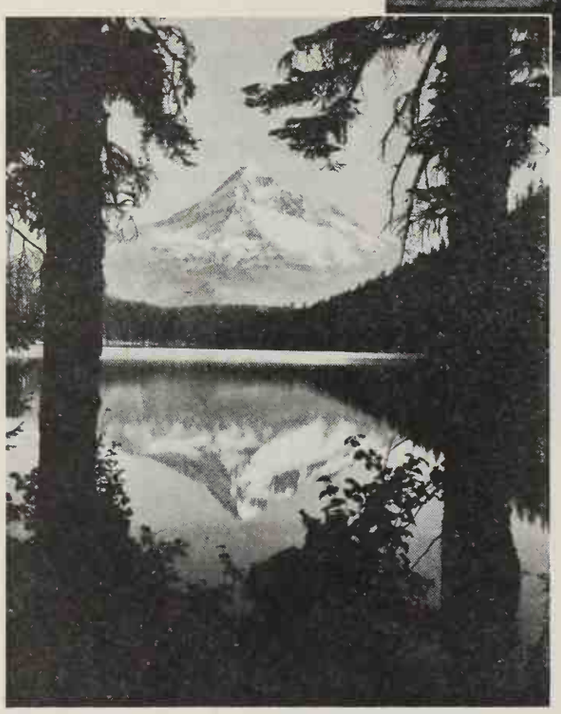
Come with Us

PACIFIC COASTING to Oregon



Seventy-five years ago Oregon became a State. Help her to celebrate this Diamond Jubilee

ON last Valentine's Day, the State of Oregon was seventy-five years old, but it was decided to postpone most of the birthday parties until summer when there would be plenty of flowers for the festivities. Now June has come, millions of roses are blooming, and Oregon is saying to the world in general, and to Sunset Land in particular, "Come to our Diamond Jubilee." In observing this seventy-fifth birthday, Oregon is not counting those years of her tranquil infancy before white men came to her shores. She is not dwelling on those gruelling days of her youth when the covered wagon was making its first tracks across her green valleys. She is counting, as birthdays, only those fruitful years since 1859 when she became such an important state in our Union. Filled as we are with enthusiasm and interest in the dramatic history of Oregon's past, we must leave it to her historians to tell the thrilling story of Oregon's early days. In this small space we must be content merely to tell you something of the birthday celebrations that will take place this coming month.



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From Medford comes word of the pageant "Oyer-Un Gon" (Indian word for "Land of Plenty") to be held in that city June 3 to 9. Here the curtain of time will be drawn aside, bringing back stirring days and paying honor to the heroes and heroines of the covered wagon era. For weeks, preparations have been under way for the presentation of this pageant which faithfully depicts the successive steps leading to statehood when only two votes saved Oregon for the United States instead of for Great Britain. Again, rough-shirted miners will come to life and pack trains will ply their way against a background of danger of which present day men and women know so little. There will be parades, golf tournaments, exhibits and all sorts of gay festivities for six glorious days.

A few miles from Medford is Jacksonville, one of the first settlements of the state and the scene of feverish gold mining activity in the early '50's. Here a complete historical exhibit will be offered to visitors during the days of the Medford celebration. Jacksonville is abundant in historical interest. It has the oldest brick building still in use in Oregon, the building in which women and children sought refuge during Indian skirmishes. Gold is still to be found in Jacksonville, and mining is carried on in back yards and along the main thoroughfare.

From Medford we continue the birthday festivities by going on to Portland, arriving there in time for the annual Rose Festival, June 11, 12, 13 and 14. Each year as June comes around, the people of Portland unite to do homage to the queen of the flowers in their annual Rose Festival. This year, several events make it outstanding. In addition to its being Diamond Jubilee year, the annual convention and Pacific Coast conference of the American Rose Society will be held June 11 to 13. During

BURLINGAME PUBLIC LIBRARY Burlingame, Cal.

PHOTOGRAPH BY LLOYD COOPER

the same time the Canadian Legion will convention, bringing along ten bands, several government officials, and a stirring time generally.

• •

For those who take their roses seriously, interest will center in the exhibit in Laurelhurst Park where lawns, native firs and shrubbery make an appropriate setting for the roses. Jointly with the Rose Show will be held the Portland Garden Club's annual Flower Show, usually an event of May but postponed this year for your benefit. There will be the International Rose Test Gardens to be visited. There will be the beautiful floral parade on June 14 which turns the city streets into a fairy spectacle. In ancient days when the king picked up a rose from the table it was a sign for the court to be quiet. When Portland picks up a rose, it is an invitation for you to come and join her in doing honor to this queen of the flowers.

• •

After Portland, a thousand cities and localities invite you to climb their snow-capped mountains, fish in their rushing rivers, explore their trails and camp in their forests. There is Crater Lake, that never-to-be-forgotten jewel tucked away in the mountains, a few hours from Medford. There is the long Coast line, with its wide paved highway hugging its rugged shores. (It makes us homesick, yet, to think of vacation days at Gold Beach.) There are the Oregon Caves, weird and fantastic. . . . But all of this fills us with grief that our June vacation is not long enough to visit all of Oregon's Wonderland.

• •

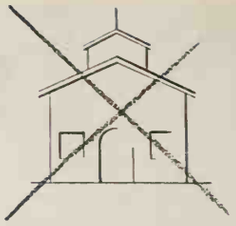
Come Pacific Coasting with us to Oregon! If you cannot do it in actuality, at least spend a few evenings in reading into the dramatic past, the picturesque present, and the brilliant future of this Rose Crowned state of Sunset Land. In particular, read the life of Ezra Meeker who not only helped to make the Oregon Trail when it had to be blazed step by step through the wilderness but who followed it in later years, marking it as a memorial highway for all the years to come. Read of the struggles of those early settlers over the 1850's and you will understand, at least dimly, why Oregon so proudly invites you to this, her 75th birthday party.

• •

In writing these paragraphs there has, naturally, been no occasion to be facetious. In closing, however, we can't help recalling that, according to some historians, the word "Oregon" literally means "wild thyme." Now if we were in a punning mood we might challenge our Oregon Sunseteers as to whether or not the jubilee will bear out the literal meaning of the word—but we shall find out for ourselves.—L. R.

"Where the Falls of Multnomah
Spread a silver filagree"

Now that School is out



PLAN THE CHILDREN'S

by LUCREZIA KEMPER

VACATION with her prodigal hand has flung open the doors of a hundred thousand school rooms, releasing into sunshine and freedom millions of boys and girls who must find something to occupy their busy minds and growing bodies for the next three months.

The first day it is glorious. No school, just play, play, play. But by sundown of that first day the newness of vacation is wearing off, the excitement born of doing nothing is slipping away with the sunset, and a million little minds begin to wonder about schoolmates. What are Ted and Jane and Red and Jean doing? Slow lumps rise in little throats as that first faint hint of loneliness steals in.

"Mother, what'll we do now?" "Mother, come play with us." "We've nothing to do." "We're hungry." "What can we do now?"

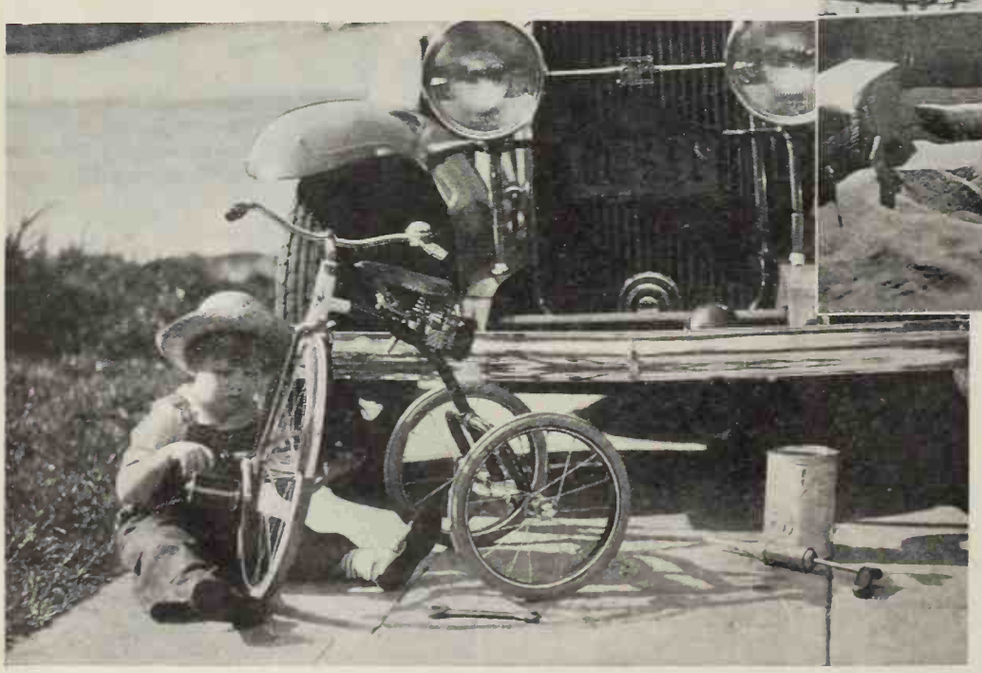
There is nothing for the children to do if it has not been planned for them. For months they have lived according to schedule, studied at a given time and played with others at a given signal. And now to be entirely on their own, without plan or direction, is unfair to them and to their families. If left to their own devices they, seeking to be rid of unfamiliar inactivity, are likely to become little nuisances.

But if mother and dad will plan vacation tasks and plays, even in minor detail, a whole new world of happy, healthy activities will be opened to the pre-adolescents.

Almost first in importance in planning for the children's summer is the matter of right and appropriate clothes. Vacation is the time for simple, practical play clothing. Outfits that will stand rough wear and many, many washings are essential. The stores are bulging with such things as rompers and sun suits for the tiny ones, stout blue jeans and cords for boys, and coveralls and shorts for girls.

Imagination plays no small part in the growth of children. They should have the physical garments with which to clothe the creations of their minds. The habiliments of the cowboy, Indian, policeman, miner, and fireman may well be among the children's summer vacation clothes. There is a pride that goes with a pair of leather chaps, a ten-gallon hat and a pair of cowboy boots that cannot be equaled, and valor and bravery are learned from the character of the Indian chieftain and his warriors, while it is plain to be seen that the business of the policeman and the fireman is the protection of life and property.

Create high ideals in your children with stories that are clean and fine, and with good books. Let them re-live the



AT HOME

A trike's wheels
And handle bars
Get out of order
Like all cars.

My daddy thinks
It mighty fine,
There are no bills
For fixing mine.

VACATION

. . *if you want one yourself*

colorful lives of the men of the old West. Encourage them to be cowboys riding wild and free on their stick horses. Show them how to be the boss of the big cattle ranch their imagination creates. Let them learn in play that fences and walls protect and prohibit. This they will do when as little housekeepers they close their doors to stick-horses, muddy feet, and unwelcome visitors bringing mice and bugs in their pockets, and when as cattlemen they fence with ridges of sand or broken twigs their own land to keep their wooden cattle within and their brothers' without. Property and property rights, even in play, should be established and respected early in a child's life. Nothing creates the acceptance of responsibility so readily as a sense of possession.

Reaching the magnificent age of 10 and over we put away childish things and glory in feats of strength and daring. It is then that outdoor gymnasiums become all important. Turning bars, rings, swings, the trapeze and the giant stride stretch healthy muscles, steady the eye and teach judgment. Boys and girls must stretch and swing and turn if every muscle in the body is to be properly developed. Long ago when we were boys and girls, trees, barn rafters, corrals and gates were used for acrobatic equipment, but long ago is gone. In today's playgrounds and back-yards, modern equipment must largely take the place of the old, perhaps more picturesque though certainly more hazardous, rafters, corrals and trees.

The modern back-yard gyms are so practical, so safe and so inexpensive that every child should have one. They are so simply constructed any one can install them. After a summer of good hard use, they can readily be dismantled and stored in a basement or attic until next season.

Badminton, a game so old it is again new, is fine sport for growing youngsters. Not only does it teach obedience to rules if one would win, it teaches sportsmanship and quick thinking. At the same time (*Continued on page 49*

AT THE RANCH

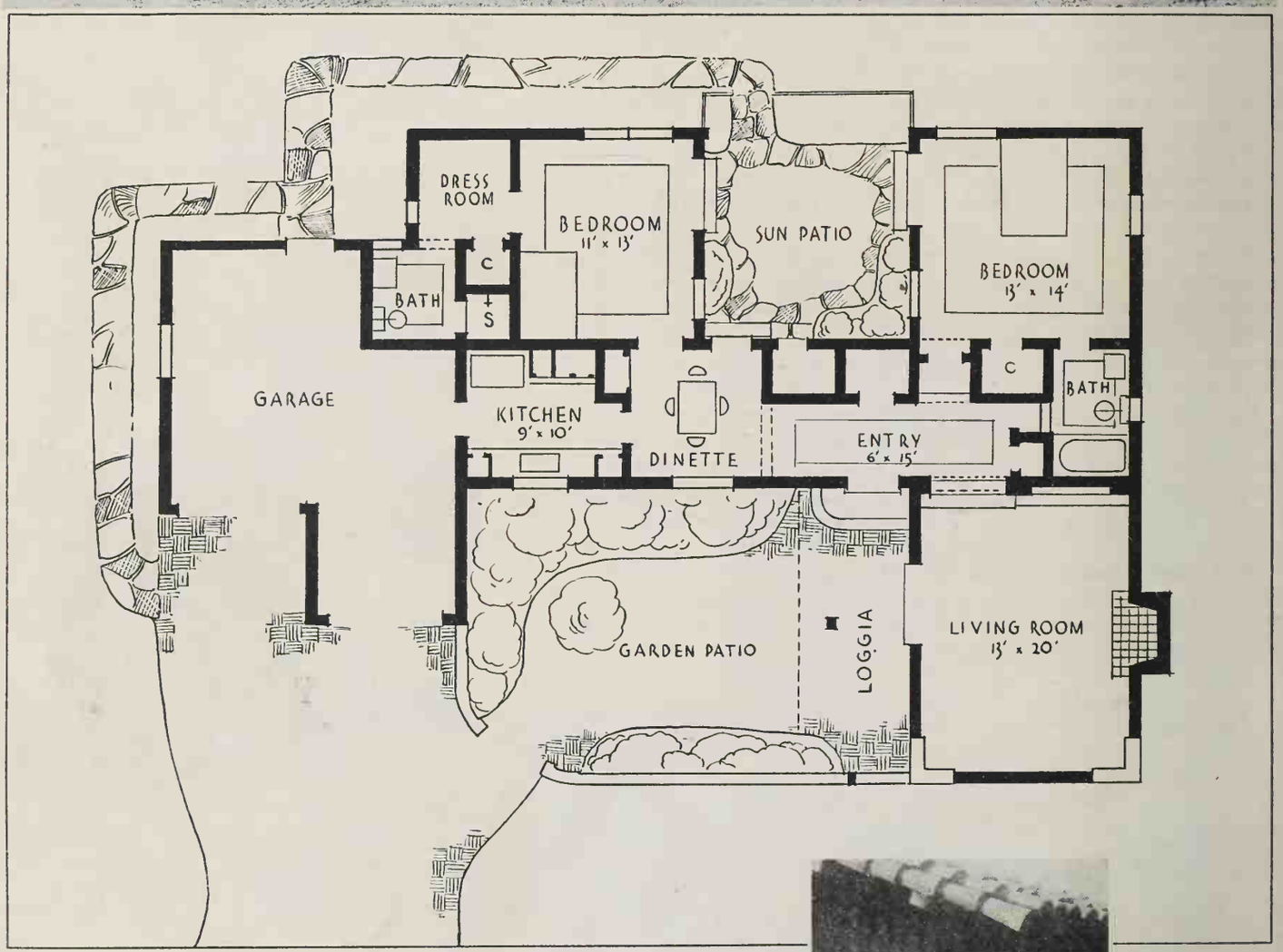
At the ranch
Time goes by
A blue and yellow
Butterfly.

The warm sun colors
Apricots
And paints our cheeks
From the same dye pots.

Then daddy marvels
In the fall
To see his children
Grown so tall.

A WESTERN HOME WINS NATIONAL AWARD

Designed by
WILLIAM I. GARREN, *Architect*

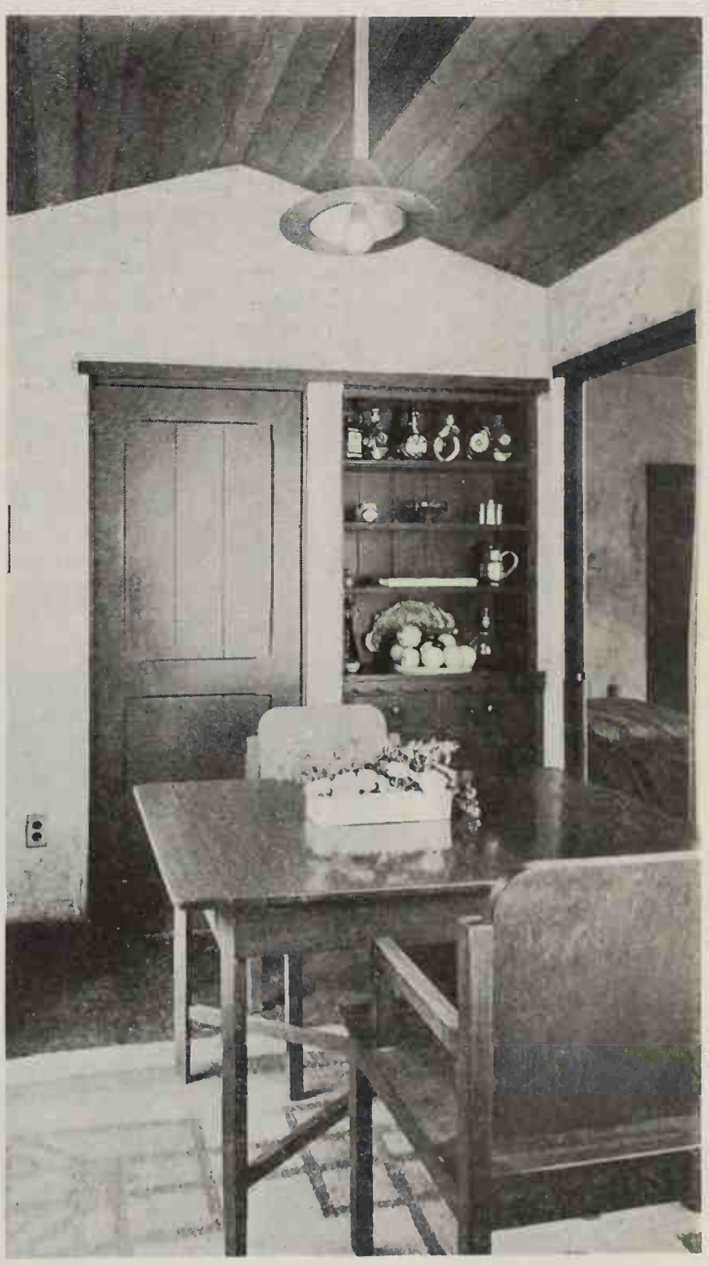


VISITORS driving to the Allied Arts Guild in Menlo Park, California, invariably pause a few rods from the Guild to admire a red-roofed cottage with interesting corner windows trimmed in brilliant blue. It is the home of Gertrud Aronstein and Alice Silverberg, and for its design, Mr. Garren, architect, has recently been awarded Honorable Mention in the "Better Homes in America" competition for 1933. A number of new ideas in building have been incorporated in this house, one much commented upon being the two corner windows in the living room, one of which is shown in the "close-up" photograph at right.

Here, above, is the living room interior, showing one of the corner windows discussed on opposite page. This placing of the windows provides excellent wall spaces for furniture. Note, too, the fireplace and the smart tin lighting fixtures.

The fabrics, draperies and rugs used throughout the house show careful and expert planning in design and color contrasts. In the tiny dining room, the rich blue of the woodwork provides an interesting background for table decorations.

The exterior of the house is of redwood boards cut in split fashion and stained with gray bleaching oils. The roof is of hand-made moss-red tiles; patio walls and paving are of used brick as indicated in the photograph at the bottom of page.



TRIALS OF A SUNSET GARDENER

by

SYDNEY B. MITCHELL

This Month We Discuss Brooms and Rock Roses and Their Uses in Western Gardens

GREAT is the world's debt to the Mediterranean countries, but that of each individual will be according to his interests. To the lover of good food and drink they suggest sherry, port, Chianti, rice Valencia, ravioli and spaghetti; to the lover of art, the pictures of Velasquez, Goya, Botticelli, Michelangelo and a hundred others; to the lover of fine architecture, the great buildings of Greece, Rome, Renaissance Italy or Moorish Spain; to the lover of grand gardens the fine examples at the Villa d'Este, Frascati, Granada or Seville. But the western gardener feels first the debt due the Mediterranean countries for the many drought-resistant shrubs which have come to us from them. From these many I am selecting for present consideration two great groups, mainly of such origin, the brooms and the rock roses, plant families to which I have given much attention in my trials of the last four years. Now I feel justified in recommending their members as particularly adapted to Pacific coast conditions, of the easiest culture in dry, sunny climates like their own, easily satisfied with any ordinary soil reasonably well drained, but preferring when established to be let alone, after which they can go through even rainless summers without any watering.

Brooms have pea-shaped flowers, generally yellow or white, but in the newer hybrids in other colors. Leaves are generally lacking or they are negligible. Botanically, brooms come from two great families, the genistas and the cytisus, but excepting to botanists the differences are unimportant. Between them, like the Fuller brush man, they produce a broom for every purpose.

First come certain very dwarf species suited to the rock garden. Such is *Cytisus Ardoinii*, upright, compact, still only six inches high after three years in mine. Flatter, more spreading is *Genista dalmatica*, a very floriferous species. The not very dissimilar *Genista pilosa* is even more prostrate, as is *Genista sagittalis*, with arrow-like foliage. I particularly like the neat little prickly evergreen Spanish gorse, *Genista hispanica;* it is always trim and attractive, in flower or out. All these have yellow flowers.

For the larger rock garden I can recommend the yellow *Cytisus beanii*, a slightly taller hybrid, perhaps a foot or more, which spreads into lovely clumps, and also an even more attractive hybrid, *Cytisus kewensis*, best planted where it can drape itself over a rock or wall where each spring it will suggest a floral waterfall with its sprays of creamy white flowers. Either for the rock garden or the front of a border are *Cytisus purpureus*, a spreading deciduous shrub with mauve-purple flowers; *Cytisus versicolor*, a hybrid somewhat similar but less attractive in its yellowish mauve color, and the taller yellow *Cytisus purgans*.

Of the brooms of medium height, say three to five feet, my particular favorite is *Cytisus praecox*, a neat, slow-growing hybrid invariably smothered in its creamy flowers every March, a shrub of which everyone asks the name. Its reputed unpleasant odor is little evident

DON'T CONFUSE THESE TWO

Cis' tus (Rock Rose) at left
Cyt' i-sus (Broom) above

The two plant families described in this article and pictured here have botanical names that are similar, but there the similarity ends. This is the first in a series of pictorial flower lessons to help you distinguish between plants that are frequently confusing to beginning gardeners. Photographs are by J. Horace McFarland.

to me. Early too and inclined as well to bloom off and on throughout the year is the yellow *Genista racemosa*, a greenhouse plant in cold climates but which survived last winter's bitter cold in my exposed garden, a far more leafy species than most.

NEWER AND BETTER VARIETIES

Now for the class which has given me most thrills. The common, rather rangy but lovely golden Scotch broom, *Cytisus scoparius*, is pretty well known, for it is naturalized from California north. Its form with red wings, from Normandy, *Cytisus andreanus*, far less common, is nice but a bit spotty in effect. From a cross of it with the white Portugal broom years ago came, from Kew Gardens, a hybrid called *Cytisus dallimorei*, and later derivatives of this have given us an extraordinary race of colored brooms which I first saw in England in 1930, Dorothy Walpole and Lord Lambourne being ones I especially admired. Though I have since imported both from Canada, I then despaired of getting from England shrubs which move so badly. Luckily I begged from English friends unpurchasable seed, which I believed would give me a few colored forms. From the several hundred plants I planted out on a dry hillside flowered last spring several lovely and distinct forms as fine as those I coveted abroad. I have named the best of these after our California colleges, and as they do not come true from seed, I have given cuttings to two of my friends, who will have the job of introducing them.

MY FAVORITES

Having neither pride of parentage nor commercial interest in any of them, I feel free to say that I believe they will be joyfully received by Pacific coast gardeners as shrub novelties of real distinction. My favorite, of luminous vermilion, rose and cream, I have called "California"; the two best reds, different in shade and in growth, are now "Stanford" and "San Francisco"; "St. Mary's" is a pure white, "Pomona" a very tall red, rose and yellow: other distinctive ones may later be named. Were I looking for a slogan for these hybrids I think I would label them, "Brooms which will sweep the country." Their culture is as easy as that of the Scotch broom, and though naturally more compact, all long growths should be shortened back in early summer to prevent exhausting seed setting.

Other distinctive brooms of really tall growth, almost trees, would include the white Portugal broom, botanically *Cytisus multiflorus* but generally offered as *C. albus*, very attractive but sure to get leggy if not pruned after flowering; *Cytisus monosperma*, the bridal veil broom, tender in cold places but well worth while elsewhere, both spring bloomers; the tall, tree-like, rather leggy but lovely yellow *Genista aetnensis*, summer-flowering, and the almost everblooming old standby, *Spartium junceum*, the Spanish broom.

Much interest centered around this attractive potting bench at the Oakland Garden Show this year. Placed against the garage wall, such a bench fits pleasantly into almost any garden picture

All brooms are easily raised from seed but only the species or wild forms come true; hybrids must be raised from cuttings, and this is no amateur's job, even nurserymen often preferring to graft the colored forms on laburnum to the preferable plan of getting them on their own roots. Always buy brooms in pots and plant them where you expect to leave them. They can be moved, but they object to it when of any size.

ROCK ROSES

The rock roses, members of the cistus family, doubtless derive their common name from their resemblance to single roses and their ability to thrive in poor, rocky soil. The maquis, what we would call the chaparral, of the north Mediterranean coast is made up of different species of these tough, drought-resistant, aromatic shrubs which would have their greatest use with us in covering dry, sunny hillsides. Few of them are offered by western nurserymen as yet, but this should not long be true, for the species or wild forms are very easily raised from seed obtainable abroad, flowering generally the second year, and both they and the hybrids root very readily indeed from cuttings of unflowered side shoots put into a glass-covered sand-box any time from August to cold weather. While they move easily when young, once established it is best to leave them alone. Groups on slopes are not only attractive in flower but because of the variety of leaf form and shade of green or grey foliage they remain interesting and highly satisfactory ground covers at all times, always clean and evergreen.

THE WHITE-FLOWERED ONES

Taking first those with white flowers, there are several nice but not very noticeable species with rather small leaves and growth up to three feet. Such are *C. monspeliensis* and *C. salvifolius*, but of this set I readily give first place to a hybrid, *C. corbariensis*, of delightful foliage even before and after its pink-tipped buds open out into myriads of its white flowers of a day. Among white forms somewhat larger and taller is *Cistus populifolius*, with poplar-like leaves, and still taller is *C. laurifolius*, with dark, rather sombre laurel-like leaves, the hardiest of all rock roses.

Of the pink rock roses it is unfortunate that those generally found here are forms of *Cistus villosus*, with flowers of rather crude, cold, lilac-pink. By far the finest and now at last getting into commerce is the old hybrid *Cistus purpureus*, of a really good deep pink with a delightful red blotch at the base of each petal, a characteristic derived from one of its parents, *C. ladaniferous*. Soon I hope to get introduced some of the rarest pink varieties I am growing, the very gray-foliaged *Cistus albidus*, the dainty little *C. parviflorus*, dwarf and with small flowers of a lovely shade of pink, the English hybrid "Silver Pink," the bright red-purple true *C. crispus* and its variety "Sunset," but gardeners who love to look forward can wait for these.

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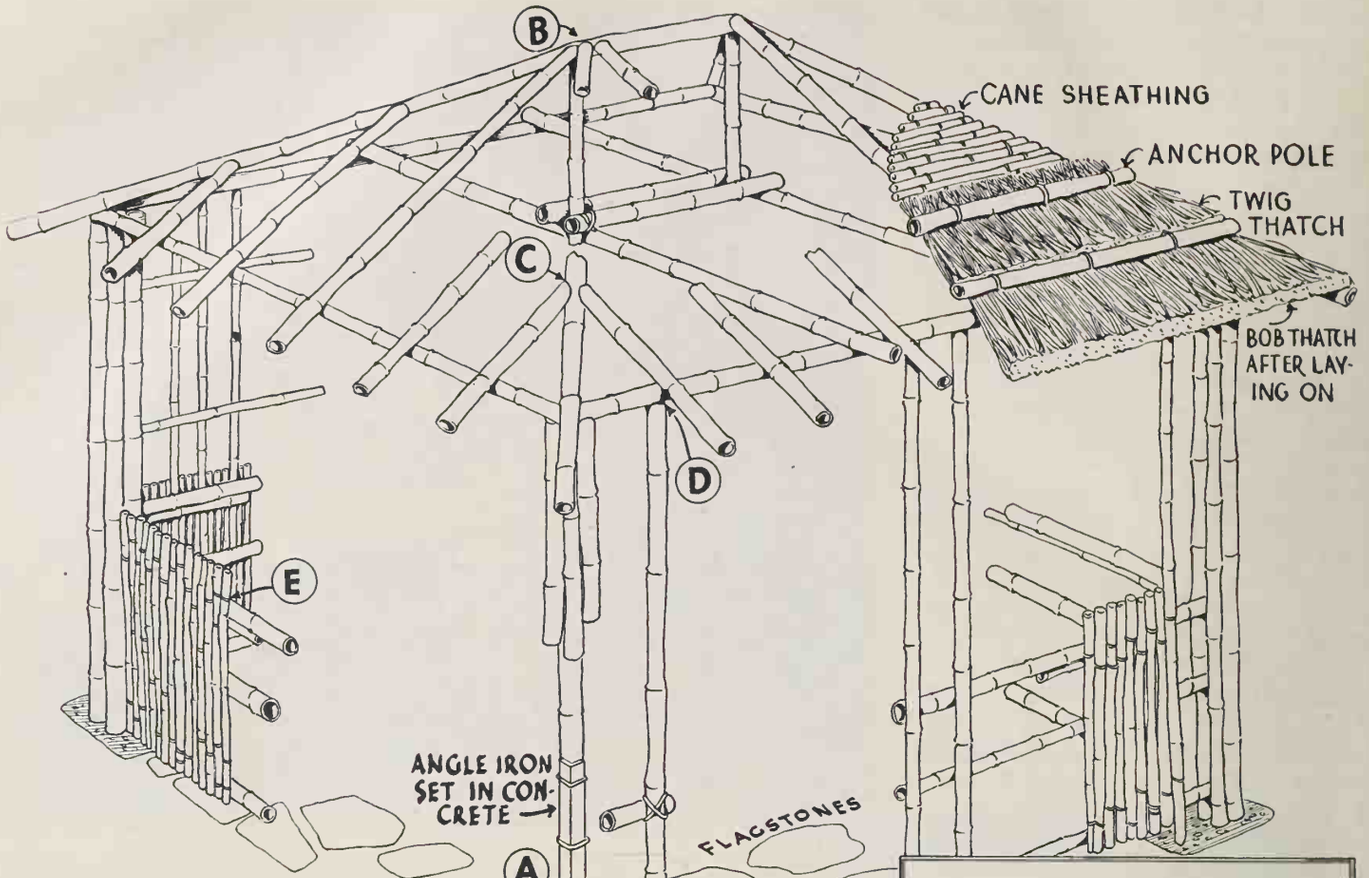


AN ORIENTAL GARDEN HOUSE FOR WESTERN GARDENS

THERE is a place in almost every garden for a tea house, garden studio, or whatever you may choose to call a shelter where one may rest, play cards, serve tea and enjoy the garden. Such a house done in the Oriental manner would not be suitable in Columbus, Ohio, or Minneapolis, Minnesota, but here on the Pacific Coast where bamboo is grown in many home gardens, such a design is not only appropriate but satisfactory to build. Moreover, such construction is not difficult and can be executed by the amateur gardener with not a great deal of difficulty.

MATERIALS AND DIMENSIONS

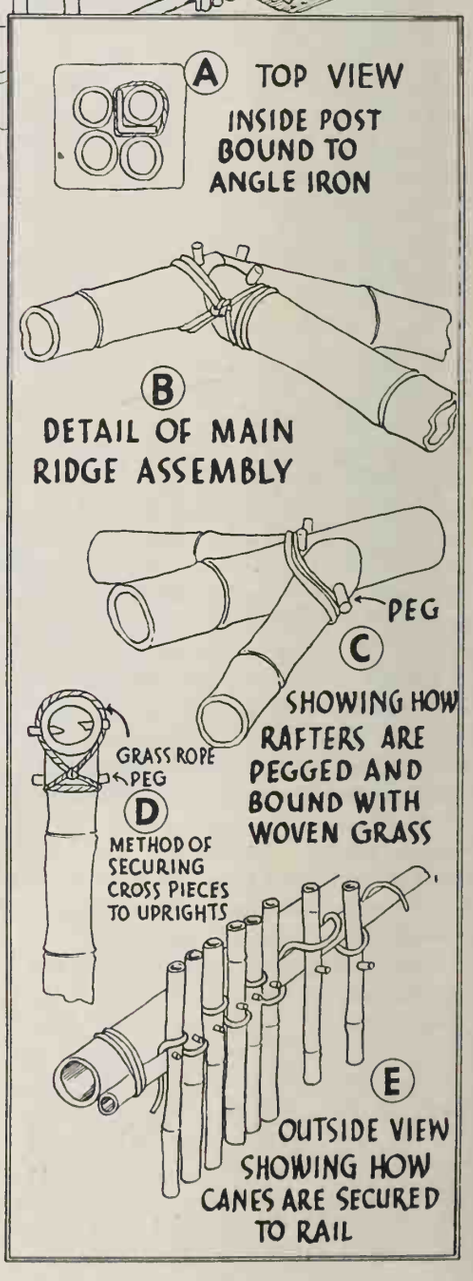
This picturesque summer house in Japanese style was designed by Holt Condon and Everett Pitzer in Pasadena for construction under local conditions, but it can be built of saplings if desired. The problem of thatching, always baffling to the American builder, is simply solved by using bunches of small twigs anchored under cross poles. This makes a splendid roof for shade and coolness, as air circulation is permitted up through the twigs. Obviously it is not rainproof in a heavy storm but serves its real purpose as a cool retreat in hot weather.

Another feature of this type of thatch is that, the leaves having been removed, the twigs are not subject to spontaneous combustion as occasionally occurs in a more compact thatch.

The original floor plan of 8 ft. by 10 ft. 6 in. can be enlarged or reduced to suit the builder's requirements. This size, however, lends agreeable proportions.

SETTING THE POSTS

Assembly details are given in the cutaway perspective. Note that there are four posts, closely set together at each corner (A). These are nested around



Cabinet . . . . . .

On publication, $1 is paid for every recipe printed. Owing to the great numbers received each month, unused contributions can not be acknowledged or returned. Recipes having a "western flavor" are preferred; contributions from eastern states are not acceptable

TUNA-RICE CASSEROLE

(Illustrated on this page)

This easy-to-prepare dish is an excellent piece de resistance for luncheons or simple suppers. Friends to whom I serve it seldom fail to ask for the recipe.

A GOOD DINNER FOR A WARM EVENING

Lettuce with French Dressing
*Tuna-Rice Casserole Buttered Peas
Bran Rolls
Sweet Pickle Relish
Iced Melon

1 cupful of cooked rice
1 small can of tuna or salmon
1 tablespoonful of lemon juice
1 tablespoonful of melted butter
Seasonings to taste
2 eggs, whites and yolks beaten separately
Buttered crumbs—about ½ cupful

Add to the cooked rice the fish, lemon juice, butter, and egg yolks which have been mixed together. Season to taste with salt and pepper, then fold in the egg whites which have been beaten stiff but not dry. Put into a buttered casserole, and cover the top with buttered crumbs. Bake in a slow oven (250 degrees) for 20 to 30 minutes, and serve at once.—Mrs. J. R. E., Seattle, Washington.

PORK AND BEANS A LA IDAHO CAMP

A HEARTY SUPPER IN THE WOODS

*Pork and Beans a la Idaho Camp
Canned Tomatoes, Hot or Cold
Biscuits and Honey Coffee
More Biscuits and Honey for Dessert

Take a good-sized cake of country sausage (about half a pound), cut it up into small pieces, put it into a frying pan and let it get good and brown. Pare and cut up 1 medium-sized potato, and 2 small or 1 large onion; put these on top of the sausage, cover the pan, and let cook slowly about 5 minutes. Open a can of pork and beans and empty on top of the potato and onion, adding a little water (use it to rinse the can). Cover again and cook on a small fire for 10 or 12 minutes, stirring a few times to keep it from burning. Serves three.—F. G. M., Nampa, Idaho.

GRANDMOTHER'S HASTY PICKLES

Try these right away

4 large dill pickles
1 small package of pickling spice
1 cupful of granulated sugar
1 cupful of vinegar

Slice the pickles crosswise about ¼ inch thick. Pour the other ingredients over them, and let stand over night, when they are ready to use. If to be kept longer than a few days, remove most of the spices or they will be too strong.—Mrs. T. A. J., Los Angeles, California.

EASY BAR-LE-DUC

SUPPER IN THE PATIO

Melon Ball Salad
with French Dressing
Creamed Chicken with Waffles
Bacon Garnish
Tray of Assorted Cheeses and Crackers
*Easy Bar-le-Duc Coffee

Take equal measures of red currants—washed and stemmed—and granulated sugar. Put over a slow fire, stirring occasionally, and when boiling point is reached, boil for 10 minutes. Seal while hot in small glasses. Eaten with Philadelphia cream cheese and crackers this makes a delicious simple dessert.—Mrs. W. J. W., Berkeley, California.

BLACKBERRY ICE-BOX PUDDING

DINNER READY IN THE MORNING

Baked Meat Loaf to be served cold, with Catsup
Potatoes Boiled in Jackets, to Peel and Fry in Buttor
Spinach washed, ready to cook
Bran Rolls Chorry Conserve
*Blackberry Ico-Box Pudding
Coffee

4 thin slices of white bread
Softened butter
2 small or 1 large box of blackberries
½ cupful of sugar, or more
½ cupful of water
¼ teaspoonful of salt

Remove crusts from bread, butter lightly, and cut into inch squares. Add the sugar to the berries, mash, and add water and salt. Place alternate layers of bread cubes and berry mixture in a pudding dish, having a layer of bread (buttered side down) on top. Press down firmly, cover, and chill several hours in the refrigerator. Serve with cream. These quantities serve four persons.—Mrs. C. R. D., San Diego, California.

Tuna-Rice Casserole
Mix all ingredients except egg whites
Fold in the whites, beaten stiff
Put into casserole; cover with buttered crumbs
Bake in slow oven; serve at once.

Western Recipes

FROM WESTERN HOMES

FROM THE COLLECTION OF DORIS HUDSON MOSS

LIVING in the West has delightful complexities. I know of few native Westerners whose grandparents were born West of the Rockies and in most cases, mothers and fathers as well were transplanted to the land fabled for its gold, oil, Indians, ocean, movies, and dude ranches.

A melting pot, indeed, is our newly built West. And pioneers, whether they be '49'ers or of the 1930's, have brought from other sections of the Union, from far lands and foreign nations, the housekeeping traditions of their line. And we westerners are proud of the cookery secrets taught us by the Chinese, the Spanish, the Italians and all the other nationalities who live among us. We are proud, too, of the unusual—and unusually good—fruits and vegetables and fish and such that our West produces: our prunes, avocados, sand dabs, tuna, and so on and on!

It is no wonder, then, that western homes and restaurants boast of an unusual cuisine and sincere hospitality. Time was when houses on the Gold Coast had no key or lock; they were open always for other pioneers who might need shelter or food. May I share with you several western recipes which have come from kitchens of friends and neighbors and from their friends and neighbors—all of whose traditions in cooking were varied and very interesting?

VENISON (OR VEAL), PAYETTE, IDAHO

Choose a steak of venison or a round of veal for each serving. Rub well and thoroughly with a split garlic clove, and sprinkle with salt and pepper. Broil over coals or under a flame, catching the juices if possible. When the meat is almost done, remove the juice to a frying pan, thicken with browned flour, add hot water, and cook, stirring, for several minutes. Add mushrooms shortly before serving. The mushrooms may be fresh or canned, cooked briefly in butter, or dried mushrooms, soaked and cooked, may very nicely be used. French bread, heated and buttered, is delicious with this dish.

SMOTHERED CHICKEN, WYOMING

Choose a fricassee fowl. Disjoint as usual, dip in flour and fry in butter until a golden brown. Then place in a glass or earthenware casserole or bean pot. Rinse the frying pan with 2 cupfuls of water and add to the fowl. Season well with salt and add 1 tablespoonful of pepper corns. Cover the casserole and cook in a slow oven (350°) until the fowl is very tender (about 4 hours). Add water if necessary but if cooked slowly, very little will be needed.

AMERICAN TORTILLA, NEW MEXICO

2 cupfuls of hot, cooked corn meal mush, thick
3 tablespoonfuls of oil
2 cupfuls of ground round of beef
4 slices of bacon, diced
1 medium-sized onion, chopped
1 green pepper, chopped
2 tablespoonfuls of minced parsley
2 cupfuls of tomatoes, peeled or canned
3 teaspoonfuls of salt
2 teaspoonfuls of chili powder
18 ripe olives
¼ cupful of grated cheese

Drop the corn meal onto a hot, greased griddle and flatten into thin cakes. (This quantity should make 6 cakes.) Brown on both sides until crisp. Previously, place oil with beef and diced bacon in a frying pan, add the onion and green pepper, and fry until a pale brown and the beef and the bacon are done. Add the parsley, tomatoes, and seasonings, and cook slowly until the whole has thickened nicely. Add the olives and pour over the hot corn meal cakes on a big platter, sprinkle with grated cheese and serve. Delicious with bread sticks or crisp crusty rolls for luncheon or supper.

HOLLYWOOD SALAD

1 avocado, peeled and sliced
1 grapefruit, peeled and sectioned (free of all membrane)
2 oranges, peeled and sectioned
Rich French dressing
Shredded lettuce

Arrange alternate slices of peeled avocado, orange and grapefruit on beds of shredded lettuce, and dress with the French dressing just before serving. Serve ice cold with piping hot whole wheat crackers. This is an excellent salad to serve before the meat course.

APPLES, A LA WENATCHEE, WASHINGTON

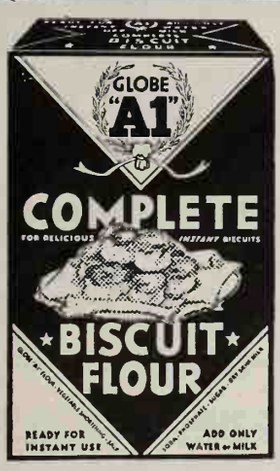
4 perfect, red skinned apples
½ cupful of powdered sugar
8 pink marshmallows
¼ cupful of pecans or walnuts
½ cupful of whipped cream

Grate the apples, leaving the skin on. Add the sugar, the marshmallows cut in quarters, and the nuts, and chill. When ready to serve, mix with the whipped cream and serve in sherbet glasses as dessert. Serves six.

LEG OF LAMB WITH MINT AND WILD CURRANT JELLY, MONTANA

Choose a tender leg of young lamb. Remove the fell. (*Continued on page 24*

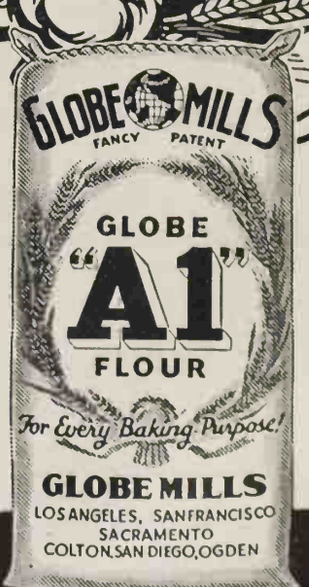
GLOBE "A1" PRODUCTS MAKE "A1" COOKS



Good Cooking Starts at the Grocer's Shelf!

Your selection of Globe "A1" products is the first step toward good cooking, for Globe "A1" products are double-tested, first in the Globe Mills Laboratory and then in Globe Mills' Home Kitchen. Do away with cooking failures – ask your grocer for Globe "A1" products. All good grocers carry the Globe "A1" line.

GLOBE MILLS
CALIFORNIA



Thrifty Luncheons
FOR SUMMER

•

DOES father come home to lunch? Then make it a hearty lunch but never heavy. It is not healthful to eat or drink too much cold food or beverages in summer time. Make it a point to serve one hot dish with each meal. It will prevent stomach disorders.

MENU 1

Tomatoes stuffed with minced hard-cooked egg and cucumbers, with French dressing
Macaroni and Cheese
Iced Chocolate or Coffee
Sliced Peaches and Top Milk
Ice Box Cookies

MENU 2

Scrambled Eggs with Minced Ham
Cantaloupe Salad with Mayonnaise
Graham Bread
Fresh Strawberry Jam
Iced Tea

MENU 3

Jellied Vegetable Salad, with Mayonnaise
Hot Cornbread
Lemonade with Fresh Mint
Fresh Applesauce, Served Warm
Oatmeal Cookies

MENU 4

Spanish Rice (cooked with onion, bacon, bell peppers, tomatoes, chili powder, and butter)
Lettuce with French Dressing
Iced Tea or Coffee
Fresh Peach Gelatine Mousse

MENU 5

Salad of Deviled Eggs, Sliced Tomatoes and Lettuce, with French Dressing
Hot Biscuits Iced Cocoa
Fresh Raspberries and Top Milk

MENU 6

Dried Baby Lima Beans cooked with a Ham Shank
Lettuce and French Dressing
Graham Bread Iced Tea
Fresh Peaches and Top Milk

—Doris Hudson Moss.

Place ½ cupful of butter in the bottom of a Dutch oven, and in it fry the leg of lamb until it is crispy brown all over. Salt and pepper thoroughly. Add 3 cupfuls of hot water and simmer very slowly until the leg is tender. Ten minutes before serving, add six branches of young mint. Then remove the wilted mint stalks, thicken the gravy, and serve with wild rice and wild currant jelly. (Red currants will do in localities where wild currants may not be had.)

BAKED HAM, COLORADO

Half a ham, the best brand obtainable (ask for the round end of the ham)
¼ cupful of whole cloves
½ cupful of vinegar
1 tablespoonful of prepared mustard
1 cupful of brown sugar
1½ teaspoonfu's of mapleine
¼ cupful of mustard seeds
¼ cupful of pepper corns
1 bay leaf
1 quart of hot water

Scrub the ham and cover with cold water. Bring to a boil and drain. Cover again with cold water, and boil until nearly tender enough to serve. (About 2 hours.) Remove from the liquor. Peel and if the fat is very thick, cut away part of it. Decorate with the cloves, and place in baking pan. Mix vinegar, mustard, sugar, and mapleine, and drench the ham. Add one quart of hot water and the other spices, and bake in a slow oven (350°) about one hour. Served on a platter, surrounded with sprigs of mint or watercress, this makes a handsome as well as delicious dish. Pass the liquor, which has been strained. (Try boiling cabbage in the liquid in which the ham was boiled.)

CRAB SALAD, SEATTLE

2 cupfuls of fresh or canned crab
1 tablespoonful of lemon juice
4 tablespoonfuls of sherry
1 tablespoonful of mayonnaise
2 apples, peeled and diced
1 teaspoonful of onion juice

Have everything very cold. Toss all ingredients lightly in a salad bowl, and chill for a short time. Serve on leaves of romaine, garnished with ripe olives which have been drenched in salad oil. Top with mayonnaise. Crackers, heated and buttered, are nice with this salad.

UTAH PEAS IN RAMEKINS

2 cans of sifted peas, or 4 to 5 cupfu's of fresh cooked peas, with liquid
6 slices of bacon, diced
3 branches of mint
1 tablespoonful of flour
4 tablespoonfuls of cream

Empty peas into a sauce pan. In a frying pan, fry the bacon very slowly until done but not crisp. Add the bacon and the bacon fat to the peas, together with the mint. Blend the flour and the cream to a paste. When the peas boil, add this thickening. Cover the pan and keep hot over hot water for ten minutes, then remove the wilted mint and serve in heated ramekins or patty shells.

FRESNO RAISIN CAKES (FOR TEA TIME)

Paper candy cups from bon-bon boxes, or tiny crinkle cups
1 cupful of seeded raisins
1 cupful of pecans or walnuts
1 cupful of bread flour
3¼ teaspoonfu's of baking powder
½ teaspoonful of salt
½ cupful of sugar
1 teaspoonful of vanilla
2 eggs, yolks and whites separated

Put nuts and raisins through the food grinder, and to them add the flour which has been previously sifted with the baking powder and the salt. Add the sifted sugar and the egg yolks, one at a time, beating thoroughly. Add the vanilla and then the egg whites beaten stiff. Drop half a teaspoonful of batter in each paper candy cup and bake very slowly, at about 300°. This recipe does not require liquid. To add any will spoil the little cakes.

ARIZONA ORANGE SALAD

4 oranges of even size
2 medium size onions
Rich French dressing
Lettuce

Slice the onions paper thin after peeling. Peel the oranges by removing, with an extra sharp knife, both the skin and the white membrane beneath it. Slice very thin and arrange alternately with slices of onion. Marinate 2 hours in French dressing, on ice. Serve on shredded lettuce. Cheese straws are delicious with this salad.

PICNIC MEAT LOAF, SAN DIEGO

2 pounds of ground shoulder of beef
½ pound of pork sausage
1 teaspoonful of salt
1 teaspoonful of pepper
6 long, slender sweet pickles

Mix the sausage and the beef, add salt and pepper, and arrange half the meat in a loaf pan. Then lay the pickles evenly, lengthwise of the loaf. Add the rest of the meat and pack it down firmly. Bake with very little water. This is delicious when sliced cold for a picnic.

MANDARIN CHICKEN, CHINESE SAN FRANCISCO

2 cupfuls of rich meat stock, preferably pork free of grease
1 cupful of diced raw potatoes
1 cupful of diced celery
2 cupfuls of diced cold chicken
1 cupful of diced cold boiled ham
2 tablespoonfuls of butter
1 tablespoonful of quick-cooking tapioca
1 cupful of almonds, whole, browned in butter

Bring stock to boiling, add the potatoes and celery, and boil five minutes. Add the chicken, ham, butter, and tapioca. Cook 15 minutes, stirring lightly from time to time; serve individual portions in small dishes, sprinkling the top with the browned almonds. The meat and vegetables should be diced in cubes not more than half an inch square.

plays away enough h day to push this truck for half a mile!

NEW POST TOASTIES

. . . these or other Disney characters

amount of energy average child expends ws vital need for Quaker Oats breakfasts

ENERGY! Energy! Energy! Every minute of the day your child is consuming it. Burning it up. Before noon he has spent more than 70% of his entire day's output! A tremendous amount of energy that must come from breakfast and breakfast alone. Do you wonder that many children are underweight, nervous, high strung? Do you wonder that it's so necessary for children to have this perfect energy breakfast — Quaker Oats?

And why *Quaker* Oats? Won't ordinary oatmeals do as well. No. For the richer, more flavory oatmeal is, the more it tempts. Quaker Oats are *roasted* in their jackets through ten different ovens to give them that rich, nut sweet flavor. Then, they're *enriched* with Vitamin D — the *only oatmeal* to bring you this precious vitamin so necessary to sound teeth.

With children squandering energy these strenuous vacation days . . . serve Quaker Oats regularly every other morning. But be sure the oatmeal you buy is Quaker Oats. Look for the picture of the Quaker on the label. That's your guarantee that you're getting the most nutritious oatmeal.

To induce you to try Quaker Oats we're offering, free, a beautiful Carlton silver-plate teaspoon in the modernistic Mansfield pattern. This graceful spoon is made and guaranteed by the makers of America's finest silverware. To get it fill out coupon below. The Quaker Oats Company.

THE QUAKER OATS CO., O-C-6
525 Market St., San Francisco, Calif.

Enclosed are the trademarks (Quaker figure) from 1 large or 2 small packages of Quaker Oats for which please send me the Carlton silver-plate teaspoon free.

Name .....

Street .....

City ..... *State* .....

This coupon is not good after July 20, 1934

Honey Maid
REG. U. S. PAT. OFF.
Grahams

—a food treasure!

GIVE them plenty! Mothers know that health is the greatest treasure of all, and Honey Maid Grahams provide valuable elements for growth and body development. Honey Maids are the sensible, good-to-eat, between-meal snack.

These crisp, golden squares of goodness are baked in a Pacific Coast bakery near by and, therefore, you *always* get them from your grocer fresh and with that matchless honey-sweetened flavor the youngsters so enjoy. Ask your grocer for the thrift size—the large, green, wax-wrapped family-size box.

NATIONAL BISCUIT COMPANY

Yours for More Pacific Picnics

by MARY JANE McINTYRE
of San Diego

BLUE and gold days, characteristic of spring and summer along the Pacific coast, are here and again one feels the urge to be a gypsy, if only for a day. Time spent with Nature is never lost. Those precious hours spent in the back country now will be rich in memories for the entire family.

While everyone enjoys these trips it is to mother's capable hands that the task of providing an appetizing meal falls. The menus below are presented to make her task easier. With them as a guide she will find it very simple to provide just the right sort of picnic lunch for her family. Since most of the dishes mentioned are well known we have included recipes for just the ones that are a bit different.

MENU NUMBER ONE

Chicken and Noodles
Lettuce Sandwiches
Gherkins Stuffed Olives
Spanish Cake Fresh Peaches
Coffee

CHICKEN AND NOODLES

Cut up a good sized chicken, not too old and tough, and wash it thoroughly. Salt and pepper it. Put on in a large kettle and cover with hot water. Cook slowly for an hour and a quarter, adding more water as needed. If the chicken is not fat it will be much improved by adding several tablespoonfuls of butter. Dice or cube a head of celery and add it to the chicken. When the celery is tender add a package of noodles and finish cooking. Pour into a thermos jar and serve hot at the picnic. One may put the chicken on when one prepares breakfast and it will be ready to go at nine or nine-thirty. This dish makes the picnic lunch a real meal and not just a cold lunch.

SPANISH CAKE

1 cupful of shortening
1 cupful of brown sugar
3 eggs
1 teaspoonful of soda
¾ cupful of water
3 cupfuls of flour
1 teaspoonful of mixed allspice, nutmeg and cloves
1 teaspoonful of cinnamon

Mix as for any butter cake, and bake in square tin about two inches deep. Time: forty-five minutes at 375 degrees (a moderate oven).

Frosting; Beat 2 egg whites stiff, and add as much brown sugar as they will hold, beating well. Flavor and spread on the hot cake while it is still in the pan. Put back into oven and let frosting get a golden brown. Carry to the picnic in the baking pan; cut in squares to serve.

MENU NUMBER TWO

Baked Ham Potato Salad
Raisin Bread and Butter Sandwiches
Apple Pie and Cheese
Coffee

POTATO SALAD

6 boiled potatoes, diced
4 green onions cut very fine
3 hard-cooked eggs, whites diced and yolks crumbled
2 stalks of celery, diced

Mix all ingredients with mayonnaise to which has been added enough prepared mustard to give it a tangy taste.

Note for the Apple Pie; Grate the cheese over the pie and put in oven long enough to melt it. This way one will not forget the cheese.

MENU NUMBER THREE

Cold Sliced Beef Mustard Pickles
Stuffed Eggs
Coleslaw with Cooked Dressing
Rolls Buttered while Warm
Cocoanut Cake Fruit Punch

[illegible] pounds of ground shoulder
½ pound of pork sausage
1 teaspoonful of salt
1 teaspoonful of pepper
6 long, slender sweet pickles

Mix the sausage and the beef, add salt d pepper, and arrange half the meat a loaf pan. Then lay the pickles nly, lengthwise of the loaf. Add the of the meat and pack it down firmly. e with very little water. This is cious when sliced cold for a picnic.

MANDARIN CHICKEN CHINESE

MENU NUMBER FOUR

Hamburgers
Boiled Young Corn
Fruit Gelatine Wafers
Coffee

HAMBURGERS

Mix ground round steak with salt, pepper and onion cut very fine. Pat out into very thin round sheets. Place a piece of waxed paper between each two cakes, to carry. Fry in butter, and serve between buttered toasted buns. An old-fashioned corn-popper is excellent for toasting the buns if one is cooking over an open fire. Add chow chow, cheese, and a slice of tomato to the above sandwiches. Use toothpicks to hold them together. (*Two more menus on p. 55*

New Post Toasties Cut-Outs!

. . . these or other famous Walt Disney characters . . . absolutely free! On all Post Toasties boxes.

WHAT marvelous fun for the children . . . these new Post Toasties Cut-Outs! How boys and girls love to cut them right off the boxes . . . to play with these beloved "movie" stars.

There are Mickey and Minnie Mouse, Pluto the Pup, Horace Horsecollar, the Goof . . . all doing different things on different boxes. And some packages have cut-outs of the Three Little Pigs and the Big Bad Wolf on them.

And how boys and girls love Post Toasties—especially with fruits and berries! These delicious, golden flakes are made only from the tender, sweet hearts of the corn . . . toasted double-crisp so that they stay crunchy in milk or cream. Full of quick, new energy, too! A product of General Foods.

By special arrangement with Walt Disney Enterprises, Inc. © 1934, G. F. Corp.

Ball JARS for all canning

Every year this thrifty woman has a winter garden in the cellar of her home! Shelf after shelf, crowded with fresh fruits and vegetables—summer's health and sunlight, canned in BALL Jars.

Once this winter garden is hermetically sealed in BALL Jars, her whole family is assured of a delicious, balanced diet. They are guaranteed all those health-giving vitamins needed during the long winter months.

Years of home canning experience have taught her that *BALL Jars provide the safest, surest, and most economical means of preserving foods for future use.*

Your grocer can show you a BALL Jar for every canning need. Use only BALL Jars. The name BALL is blown in the glass.

GLASS TOPS for MASON JARS

THE BALL BLUE BOOK

Mail coupon below with leaflet from a box of Ball Jars and get this book of 284 recipes FREE or send 10 cents.

BALL BROTHERS COMPANY
MUNCIE, INDIANA

Please send me one copy of the latest edition of the BALL BLUE BOOK. I am enclosing—

☐ One Ball Jar Carton Enclosure, or
☐ Ten cents in coin (Check the one sent)

Name.....

Address.....

City..... *State*.....S-6

Fill Your Jars Plum Full of Goodness

Urges GLADYS PULLEN BARRADA

SELECTING the right kind of plums is the most important step in securing fine flavor in the canned fruit. Women who have always considered Satsuma and Green Gage the best, should try Kelsey plums as well. Not so acid as the others, the flavor when canned is superb. The canning process brings out hidden qualities that in my opinion are decidedly superior.

For final perfection, plums should be not more than two hours from the trees when canned; certainly not more than two days. They should not be refrigerated even for a night. Most plums are picked too green; see that they are tree-ripened until they are beginning to turn soft. If green they will be sour and lacking in flavor. Too ripe fruit cooks to a jam but will taste fine anyway.

Such varieties of plums as Santa Rosa, Beauty and Burbank are excellent for making jams and jellies, but in case you are tempted to can them be sure to cook a few first and see how they taste. If nice, they will be pleasing next winter. However, after trying Kelseys, Green Gages or Satsumas you probably won't bother with the others.

Damson plum jam is something extra delicious. The flavor is similar to blackberry jam. Do you know that you can use the juice of Damsons to extend blackberry juice for jelly or jam and the result will be practically as good as all blackberry? Plum juices and pulp are especially valuable to extend more expensive juices such as those of raspberries, currants and cherries as well as blackberries. Plums are rich in pectin and supply it to other fruits.

Follow step-by-step instructions given in the May issue of SUNSET for canning cherries, in regard to preparation of jars. If you have an oven, jars may be sterilized in it for 40 minutes or longer at 225°; (a *cool* oven; if too hot they will crack when set into the pan of boiling water).

1. Scrub plums thoroughly with a clean cloth in a little warm water; rinse through one warm water and drop quickly into cold water or hold under the tap and then drain in colander.

2. Plums are not peeled or seeded, but should be pricked with a large darning needle or skewer to prevent bursting. Extra large ones such as Kelseys may be halved or quartered.

3. If plums are very sour, make a heavy syrup with 3 cupfuls of sugar to 4 cupfuls of water or plum juice. If sweet, use 1½ to 2 cupfuls of sugar to 4 cupfuls of liquid. If you want something fancy, use Green Gage or yellow plums to make syrup for Satsumas.

4. Drop plums into boiling syrup for 3 minutes. (Very ripe ones must be packed directly into jars.)

5. Lift plums from the syrup and drop into jars, filling spaces with syrup. Sterilize quarts in hot water bath or oven (at 275°) for 20 minutes at sea level, increasing the time 20% for each 1,000 feet above the first 1,000 feet of altitude.

SAVE PLUM JUICE

It is valuable for jellies all through the year. Mash plums while bringing to a boil, and let cook briskly for 10 or 15 minutes. Strain juice through boiled cloth bag (*Continued on page 30*

Let a Champion *Jelly Maker* Explain this Modern Way

Mrs. Effie A. Mills, of Detroit, Michigan, won 43 prizes in all for her entries in the Michigan State Fair last year. She now uses Certo in all her prize-winning jams and jellies.

WHICH METHOD DO YOU FOLLOW?
THE OLD WAY
1. Mrs. A after cleaning and crushing her berries was ready to start making her jam at nine o'clock.
2. The black band on the kettle indicates the amount of fruit and juice that Mrs. A got from her berries (4 cups). The red raspberries cost 19¢ a quart—2 quarts 38¢.
3. Mrs. A added 2 lbs. of sugar to her berries. The sugar cost 5¢ per lb.—2 lbs. 10¢.
4. Following the old "pound for pound" standard recipe Mrs. A had to boil the fruit and sugar about 30 minutes before the jam thickened to the desired consistency. This long boiling evaporated one-half of the original weight of the berries and carried off most of the natural fresh fruit flavor as fragrant steam.
5. When Mrs. A poured her jam she found she had 6 glasses. The cost:
Berries . . . . . 38¢
Sugar . . . . . 10¢
6) 48¢
8¢
The 6 glasses Mrs. A made cost an average of at least 8¢ per glass.
6. It took Mrs. A 45 minutes to make her 6 glasses. It was nine-forty-five when she finished.
THE NEW WAY
1. Mrs. B was ready to start her jam making at nine o'clock, too.
2. Mrs. B using the same quantity of raspberries (2 quarts) got the same amount of fruit and juice (4 cups). Her berries also cost 19¢ a quart—2 quarts 38¢.
3. Mrs. B added 2¾ lbs. of sugar to her berries. The sugar cost 5¢ per lb.—2¾ lbs., about 14¢.
4. Mrs. B simply brought her fruit and sugar to a tumbling boil, boiled for 1 minute, removed from the stove, and added ½ bottle of Certo. Certo is simply the jellifying substance of fruit in concentrated liquid form. At 35¢ per bottle, the half bottle Mrs. B used cost about 18¢.
5. Mrs. B got 10 glasses of the same size from her berries. The cost:
Berries . . . . . 38¢
Sugar . . . . . 14¢
Certo . . . . . 18¢
10) 70¢
7¢
The 10 glasses cost only 7¢ per glass. Note how Certo pays for itself in increased yield and saving of time and fuel.
6. Mrs. B's 10 glasses of jam were made in 12 minutes. She was all through at nine-twelve.

Mrs. Effie A. Mills, champion jelly maker, contrasts the modern Certo method of jam and jelly making to her grandmother's old-fashioned method.

"IN the chart above," says Mrs. Mills, "you can see the difference in the two methods of making jellies.

"I never used Certo until 1927. But now I use it in every jelly and jam I make.

"The Certo method, as you can see above, is much quicker, and because you get half again more jam or jelly from the same amount of fruit, each glass costs less.

"Then, too, because the fruit does not boil off in steam, your finished jams and jellies have far more of the delicious flavor of fresh, ripe fruit. And you never get any of that flat, boiled-down taste.

"Certo, you see, is a bottled fruit pectin that makes jelly from any fruit. You will find a handy booklet of recipes under the label." Certo is for sale at all grocers. A product of General Foods. © G. F. Corp., 1934

Just slit the label of the Certo bottle and note the handy booklet of jam and jelly recipes. Different fruits, you know, require different handling—the reason that Certo gives you *separate* recipes for each fruit—89 in all!

★

WHY the 3rd Generation Benefits

Many important facts about foods have been discovered in recent years—so *you* get the helpful benefits of which your grandparents were deprived.

You now know of the vital food element Dextrose, from which your blood gets its warmth and your body its energy.

And because Karo contains a generous amount of Dextrose, it is recognized as one of the most important foods for every member of the family. Keep them well supplied with delicious Karo—serve it on pancakes, waffles, bread, hot biscuits, cereals, etc. Karo is easily assimilated and digested—and is a source of *quick* energy.

Karo Syrups are essentially Dextrins, Maltose and Dextrose, with a small percentage of Sucrose added for flavor—all recommended for ease of digestion and energy value.

The 'Accepted' Seal denotes that Karo and advertisements for it are acceptable to the Committee on Foods of the American Medical Ass'n.

Karo Syrup ONLY *affords the use of this Free Pouring Spout, converting the can into a practical syrup pitcher*

FREE CAP & SPOUT

CORN PRODUCTS REFINING CO.
Dept. 17, P. O. Box 5, Argo, Illinois

Enclosed is label from 1½ lb. or 3 lb. Karo can. Please send me pouring spout and cap.

Name .....

Address .....

City .....

State .....

Jars Plum Full of Goodness

(Continued from page 28)

(have it wet when plums are put in). Make jelly of the juice or save for future use by canning it. In this case, add no sugar. In combining with other fruit juices, use half of each.

PLUM JELLY AND JAM WITH PECTIN

The full flavor of the ripe fruit is preserved and intensified by using the liquid fruit pectins. Follow the instructions that come with the bottles for accurate and delightful results.

PLUM PRESERVES

Green Gage plums are preferred for preserving although Satsumas are high in favor. Wash the plums. Have water boiling on the stove; put plums into cheesecloth bag or wire basket and lower them into it for a few minutes, until the skin slips readily. Peel, saving skins and seeds. Drop plums into earthen vessel or glass jar with layers of sugar, using ¾ pound of sugar to every pound of fruit, or about 1¾ cupfuls of sugar to every 2 cupfuls of fruit packed down tight. Let stand over night.

Add a cupful of water to the skins and stones. Bring to a boil and then simmer for 10 minutes. Let stand over night. In the morning, strain the juice, and put it on to boil; drain all the juice and sugar off the plums and add to the pot, and boil for ten minutes. Skim. Add the plums and simmer gently for about 30 minutes, or until tender and clear. Fish out plums and put into sterilized jars as for canning. Boil syrup until thick and pour over plums. Seal and sterilize for 10 minutes in wash boiler, oven, or steam canner.

PLUM BUTTER

Damson or any kind of plums may be used for plum butter. Wash the plums and put them in the preserving kettle with just enough water to start them cooking—half a cupful is plenty. When tender, rub them through a colander to get the pulp and remove the seeds.

If the pulp is juicy it should be boiled down before the sugar is added; usually about 20 minutes. Then to each cupful of pulp add ¾ cupful of sugar, and cook until it is as thick as good apple sauce when cold. Take out a teaspoonful every little while and cool it to find out how thick it is. If you like spices you may add 1 tablespoonful of ground cinnamon and ½ tablespoonful of ground cloves to each 4 cupfuls of the pulp. Some people add also a tablespoonful or less of allspice. This recipe may be varied by using two-thirds plums to one-third peaches.

PLUM JELLY

Put the plums in a preserving kettle and set the kettle in a pan of boiling water on the stove so that the plums will heat without burning, for no water is added. Mash and stir the plums to release the juice; when reduced to pulp, strain through cotton flannel bag. Make jam of pulp. Put juice to boil for 10 minutes. Add ¾ cupful of sugar to 1 of juice; boil up and test for jelly. When the jelly forms a complete bridge between the tines of a fork it is ready to pour into hot, sterilized glasses or jars.

SATSUMA PLUM-APPLE JELLY

5 tart apples, cored and unpeeled
3 pounds of Satsuma Plums, washed and pitted

Combine and cook together with enough water almost to cover to make a good base. Strain, and continue as for any jelly, using the proportions of 1 cupful of juice to 1 cupful of sugar. Heat the sugar, bring juice to boiling point, add sugar, and boil 3 or 4 minutes very rapidly, or until the jelly will sheet from the spoon, 2 thick drops at a time. Seal in hot, dry, sterile glasses as recommended in previous canning articles.

A little study of this photograph will reveal several good ideas for cabin or country home planning. Would you believe that this alcove is at the opposite end of the all-electric kitchen shown in March Sunset?

remember

ICE CREAM is the concentrated nourishment from milk in its most palatable form.

ICE CREAM is one of the most digestible foods you can eat.

ICE CREAM is a dessert that nearly everybody likes.

•

Golden State ICE CREAM

brings you a new delight in flavor and richness

We'll leave it to you—just try Golden State Ice Cream. Then you will believe our claims for the matchless flavor, richness and smoothness of Golden State Ice Cream.

Our fruits and flavors come direct to us from the lands and regions that produce the finest. Delicious, heavy cream from prize cows insures the maximum of richness. Skilled ice cream makers who have had years of experience blend and freeze these ingredients in immaculate plants to just the right degree of smoothness.

One taste of Golden State Ice Cream is an exquisite experience. Words can't describe that luscious, melting goodness. So economical. So easy to get for any occasion—at dependable retail stores in your neighborhood, restaurants or soda fountains.

ASK YOUR DEALER FOR GOLDEN STATE DAIRY PRODUCTS

REMEMBER

Golden State Menu Flashes on your Golden State Milk bottle every Tuesday and Friday; on the air every Monday and Thursday at 10 a.m. over Station KPO. Presented by Joan Andrews.

MILK • CREAM • BUTTER • CHEESE — GOLDEN STATE BRAND DAIRY PRODUCTS — EVAPORATED MILK • COTTAGE CHEESE

LISTEN

. . . guess what cereal this is

HEAR that snap, crackle, pop? It's Kellogg's Rice Krispies—the only rice cereal that actually crackles in milk or cream!

Youngsters have the time of their lives listening to Rice Krispies *and eating them.* When children eat with zest you know they're well.

Don't deny your family the delight of Kellogg's Rice Krispies. Nourishing. Easy to digest. Fine for children's suppers. Delicious with fruits or honey.

Sold by grocers in the red-and-green package. Oven-fresh always because they are sealed in a WAXTITE inner bag. Made by Kellogg in Battle Creek. Quality guaranteed.

NRA

WE DO OUR PART

Listen!

get hungry

Do You Ever Entertain at Sunday Breakfast?

Asks BERTHA E. SHAPLEIGH

AFTER hours of sleep, without food, the fast is broken by a small amount of simple food; hence the word "breakfast" for the name of the first meal. In like manner supper was just a "sopping," in wine or meat juice, of a piece of bread called a "sop." The hour for breakfast has changed radically through the ages. An old rhyme, describing the day, runs as follows:

"To breakfast at five, to dine at nine,
To sup at five, to bed at nine,
Makes a man live to ninety-nine."

It is said that,

"Good Queen Bess her breakfast would make,
On a pint of good ale and a pound of beefsteak."

On one of her "progresses" through the country, three oxen and one hundred and forty geese were furnished for Sunday morning breakfast! And Pepys, whose diary always tells of what he ate, or gave to his guests, relates, "I had for them a barrel of oysters, a dish of neat's tongues, and a dish of anchovies; with wine of all sorts and ale."

After tea and coffee came into use in England and Germany, everyone had these beverages for breakfast, tea in England, and coffee on the Continent. Coffee in this country has been, and is, almost a necessity for the first meal.

SUPPLY PLENTY OF ENERGY

For those who go to work and for children who must study, a breakfast which will be sufficient to keep the body in a good satisfied state, and also keep the brain clear, is recommended. Porridge, "mush" as it is so frequently called here in the West, or a ready-to-eat cereal with plenty of milk and sugar, is an excellent source of energy for work or play, and makes food for the first meal, especially when fruit is added. The Greeks always had fruit at the first meal, and now, after an interim of years of "fruitless" breakfasts, one considers the day started entirely wrong if oranges in some form, or tomato juice, does not appear. Toast, as well as hot breads, so famous in New England and the South, are the favorite breads. No longer is the dish once enjoyed by New England people allowed! I refer to pie. As a matter of fact, I lived twenty-five years of my life in New England, and never saw pie served for breakfast. That may be my misfortune! Years ago I heard an elderly woman say, "Breakfast is the proper meal at which to serve mince pie—it then has all day to digest!"

Lunch and the hearty or heavy part of breakfast have combined to take the place of dinner formerly served at noon, and the dinner hour has moved on to a later time.

In England it was quite customary in the early part of the nineteenth century to give "breakfast parties," the number of the guests never to exceed twelve and the hour from ten to eleven. Mr. Macaulay in telling of the merits of "breakfast parties" said, "You invite a man to dinner because you *must* invite him; because you are acquainted with his grandfather, or it is proper you should; but you invite a man to breakfast because you want to see him."

FOR A SUNDAY BREAKFAST PARTY

This brings me to talk of entertaining at breakfast. Of course, not every one is free to attend a breakfast at eleven o'clock in the morning any day of the week. For those who are busy during the week, why not have a Sunday breakfast, putting the hour at twelve?

There are many advantages about entertaining and being entertained at breakfast. Dressing is simple, and the afternoon is left free for other duties or pleasures. Food served at a breakfast is less expensive than that served at dinner, and the service is easy.

I recall a delightful June breakfast served by a friend. Her house, an old-fashioned one, had a large porch with plenty of chairs, and here the guests sat at card tables, each decorated with a bowl of roses in the center. In the large dining room a friend who was a fine pianist played before the meal was served. We had fruit, one hot course, and plenty of excellent coffee.

A patio offers a wonderful place for serving a breakfast. I can see the blue of the western sky, bright sunshine making the leaves of nearby trees glisten, while flowers and blossoming trees perfume the air. On brightly decorated plates, large strawberries with the hulls left on, surround mounds of powdered sugar. The hot plate which follows contains a broiled lamb chop, resting on a small piece of broiled ham, which in turn rests on a piece of toast or fried mush; fresh green peas; and at one side two or three cubes of jelly. Hot rolls and fragrant coffee are passed. Here are some other possibilities: (*See page 33*

Fresh Pineapple Juice—Served in Glasses
(garnished with fresh mint)
Spanish Omelet Toast and Rolls
Rosettes with Jam Coffee
Strawberries (French style)
Calf's Liver a la Madame Begue
(served on a bed of watercress)
Crisp Bacon Corn Muffins
Coffee Throughout the Meal

Have you read the introduction to the Blue Grass Cook Book by Minnie Fox? The introduction was written by John Fox who was then in Japan. It will give you a marvelous description of a Southern breakfast—something like the menu which follows:

Fresh Crab Meat Salad
(served from a bowl and passed)
Crackers or Small Biscuits
Baby Broilers in a Nest of Watercress
Fresh Corn Pudding *or* Waffles and Syrup
Coffee
Orange Juice Served Throughout the Meal

If one desires to have friends in for a breakfast, and cannot have much service, use the English method of having everything on a table, each guest, of course, helping himself to the dish he wishes. He can then go to the part of the room where he can be comfortable and he needs no particular entertaining. For such a meal, have on the table or sideboard a pitcher of orange or tomato juice, with glasses near; hot muffins, biscuits, or yeast rolls; scrambled eggs and cold ham. And, of course, have plenty of coffee with cream and sugar handy. A bowl of fruit should be on the table, and marmalade or jam, and pickles. If in season, a bowl of sliced cucumbers and one of tomatoes, dressed with French dressing, will be appreciated. At one western Sunday breakfast, after fruit, toast, baked eggs and ham, we were served tiny hot cakes and syrup for dessert. Good!

Calf's Liver a la Begue is one of the dishes for which Madame Begue of New Orleans was famous. She served only breakfasts, but these were perfect, and known the world over.

For liver Begue, first soak the liver in cold water, then scald with hot water and remove all skin and the little hard tube-like tissues. Cut the liver into one-inch pieces and marinate for one hour. For the marinade use 2 tablespoonfuls of olive oil, 1 tablespoonful of vinegar, ½ teaspoonful of salt, a little black pepper, and 1 clove of garlic. Drain the liver from this dressing, plunge into deep hot fat, and fry exactly one minute. Drain and serve at once.

STRAWBERRIES, FRENCH STYLE

The French serve strawberries or raspberries very cold, in a bowl. The berries are sweetened with a syrup (made of 1 cupful of sugar and ½ cupful of water boiled together 1 minute) to which is added a small amount of kirch-wasser, or curacoa. The cordials or liqueurs are used by the French much more than extracts. If one does not wish to flavor with any of these, for the strawberries use a little orange juice. Oranges and strawberries always are good together.

Just a Jiffy

TO MAKE TENDER PANCAKES WITH READY-MIXED AUNT JEMIMA!

● Just stir 'em up—a cup of milk (or water) and a cup of ready-mixed Aunt Jemima Pancake Flour. Drop 'em on the griddle—and call the family to the best breakfast they ever tasted! Light, golden-brown Aunt Jemima Pancakes, with matchless plantation flavor! And it's taken you just three minutes by the clock to do it! Aunt Jemima—with the *four* flours and all the other dry ingredients ready-mixed—enables you to serve tempting pancakes on a minute's notice. Have them tomorrow. Ask your grocer for Aunt Jemima Pancake Flour. The Quaker Oats Company.

Aunt Jemima Pancake Flour in the red package—
Aunt Jemima for Buckwheats in the yellow.

FREE To get a trial size package of Aunt Jemima Pancake Flour together with recipe leaflet, just fill out and mail the coupon below. The Quaker Oats Company, Dept. V-3, 525 Market St., San Francisco, Calif.

☐ Pancake sample ☐ Buckwheat sample

Name.....

Address.....

BURLINGAME PUBLIC LIBRARY Burlingame, Cal.

It's true! Gleaming linoleum, hardwood, tile or rubber floors WITHOUT the hard work of rubbing or buffing. Apply Self-Polishing Wax with mop or cloth—then sit back and watch it SHINE ITSELF. Saves time—saves energy. You should try it!

Of course, Standard Waxglo Paste Wax and Liquid Wax still give unexcelled service—if you really prefer these more familiar types.

Outdoor days bring even greater need for Standard Oronite Cleaning Fluid. It takes spots out of garments, drapes, upholstery and rugs. Keeps things fresh and clean! Quick drying.

Protect yourself from mosquitoes, flies, gnats, moths and other insects—with Standard Oronite Fly Spray. It kills 'em quicker, because it's FULL STRENGTH. *You'll like it*

Other STANDARD OIL ORONITE Products

STANDARD ORONITE FURNITURE POLISH
STANDARD ORONITE HANDY OIL

NRA

MANUFACTURED BY
STANDARD OIL COMPANY OF CALIFORNIA

Alice Scott Carlson
of Modesto Contributes her

Favorite Ways of Using Western Plums

DID you ever ride the Western mountain trails on a sunny May morning, and breathe the spicy odor of the wild plum, with its lovely white blossoms, and dream of the jam that the dwellers of those mountains would make of the luscious red plums which ripen in August?

They are gathered in huge buckets, and carried to the mountain homes where the mother washes them. She then cooks them, using one-fourth as much water as fruit, simmers them until the plum is tender, skimming off all the seeds as they appear at the top; after which she adds as many pounds of sugar as she has of fruit, and cooks the mixture slowly until the syrup begins to jell when dropped from a spoon. It is then sealed, often in stone crocks, and put away for the winter.

TRY PLUM ROLY POLY

The Roly Poly which can be made of this jam will be one of the winter's treats. Make a rich biscuit dough, roll it in a long strip, spread it with melted butter, and finally with the delicious plum jam from which all seeds have been removed. Then roll it as for a Jelly Roll, and bake it in a 500° oven. A thick sauce is used for the warm Roly Poly, made by melting ½ cupful of butter and adding ½ cupful of sugar and 3 level tablespoonfuls of flour; to this 1 cupful of cold water is then added. Cook until clear and thick, flavor it with sherry, and serve hot with the sliced plum roll.

In the South, grandmother made the same Roly Poly, using Damson plums. Again she made her jam without removing the seed, for much of the flavor of the plum lies close to the seed and skin. The same proportions are used for the Damson as for the wild plum jam.

The Green Gage is perhaps the finest flavored plum when used as "sauce," and is best grown in the colder climates. The simple process of making a light syrup and dropping the carefully washed fruit into it for perhaps ten minutes, allowing it to simmer slowly, and canning at boiling point, produces a delicious winter dessert fruit. It is a favorite dish with Canadians, served with their cold suppers of roast beef and homemade bread.

The yellow egg plum of California is perhaps a first cousin of the Green Gage; however, the fruit is sweeter, and, canned in the same way, lacks the pleasant acid of the Green Gage. When using the egg plum for canning, add lemon juice to the syrup before dropping the fruit into it. To 5 pounds of plums use 2 cupfuls of water, 2 pounds of sugar, and ½ to 1 cupful of lemon juice, depending upon the taste of the housewife.

The Satsuma plum is one of our most colorful and useful varieties. It is beautiful, used either in canning or as sweet pickles.

For the canned plum, peel the fruit by hand as smoothly as possible, and drop into a syrup made by cooking 1 cupful of water with 2 cupfuls of sugar. Bring syrup to a boil, drop in the peeled fruit, and simmer until tender. Can at boiling point. The remaining juice may be bottled for punch; it is both colorful and good, combined with orange and lemon juice.

For the sweet pickle, cook together 2 cupfuls of good cider vinegar and 4 cupfuls of sugar, with 6 sticks of cinnamon and 12 whole cloves tied in a cheese cloth. Drop the peeled fruit into this syrup and simmer until tender. Put into jars and seal at boiling point. To the remaining juice, more syrup may be added until all the fruit is canned. These pickles are especially good with baked fowl.

This catsup is a very good meat relish:

SATSUMA PLUM CATSUP

5 pounds of Satsuma plums, pitted
1 pint of good cider vinegar
4 pounds of sugar
3 teaspoonfuls of ground cinnamon
¼ teaspoonful of ground cloves
½ teaspoonful of mace
½ teaspoonful of salt

Cook pitted plums and vinegar until tender; run through a ricer. Return to preserving kettle; add sugar, salt and spices. Cook slowly until like a thick jam, being careful not to burn. It requires almost constant stirring. Seal at boiling point.

The Santa Rosa is one of the best commercial plums, and is especially fine for table use. Used as a sauce, it is very delicious. It may be washed and cooked in a small quantity of water without removing the seed and skin, then sugar is added to suit the individual taste. Be sure to cook it tender before adding sugar.

The Santa Rosa Plum used just before it is ready for shipping is especially fine for jelly, both as to flavor and color. It may also be combined with apple juice, or canned and used in the fall

with the Alicante or Zinfandel grape for jelly or punch.

The Tragedy Plum, grown largely on the Delta lands of the Sacramento Valley, has much of the romance of early days. One of the pioneer farmers had a rare plum tree which was the pride of the family. At his death, both of his sons claimed the tree as a part of his inheritance; from this a family feud grew, and the tree ultimately became known as the Tragedy Plum. It has a rich, dark purple hue, and is especially good as a table fruit. The Climax is an early variety, pink cheeked and attractive, but lacking in flavor.

Here is a recipe for Plum Pie that you will repeat frequently.

PLUM PIE

2 large cupfuls of plums, washed and pitted
1 cupful of sugar (or ¼ cupful more if plums are acid)
1 tablespoonful of flour

Fill an unbaked pastry shell with the prepared plums, and cover with the sugar and flour mixed together.

Sprinkle with bits of butter before putting strips of pastry across the top. Bake in a hot oven (450°) for 10 minutes, then reduce heat to 350° and bake for 20 to 30 minutes longer, until well done.

The wild plum makes an especially good pie, due to the tart and unusual flavor of the fruit, or the Satsuma plum may be used if the juice of ½ a lemon and perhaps ½ teaspoonful of cinnamon is added. The peel of the Satsuma plum adds to the richness of color in the pie.

We must not forget to mention grandmother's bread pudding made with the Damson Plum Jam—simple as it is good. She made her pudding in this manner:

OLD-FASHIONED BREAD PUDDING

3 egg yolks and 1 egg white
½ cupful of sugar
1 pint of milk, scalded
1 cupful of fine bread crumbs
1 teaspoonful of vanilla

Beat the egg yolks and 1 egg white well, adding sugar gradually; pour over this the heated milk (being careful that it is not allowed to boil) to which have been added the bread crumbs and vanilla. Bake in a buttered baking dish 30 minutes, in a 350° to 400° F. oven; then spread with Damson Plum Jam and cover with meringue made with the whites of 2 eggs, well beaten, with 4 tablespoonfuls of sugar folded in. Brown in a 400° F. oven. Serve warm with cream, or it can be used cold.

•

MOUNTAIN LAKE

UPON my cool and quivering bosom lie
Turquoise-blue shadow of a dragon-fly,
Mirrored red berries of the rowan tree,
A water snake sucking sweet life from me.

—Rachel Day.

Children take *an Extra Glass of Milk a day* this way!

Puffed Wheat and Puffed Rice are wonderful milk carriers and children love to eat them.

HARD to get your children to drink all the milk they need? Then serve them Puffed Grains, regularly. Their double crispness makes them such wonderful milk carriers that children can use almost a whole glass of milk on them . . . and relish every delicious spoonful.

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S-PC6

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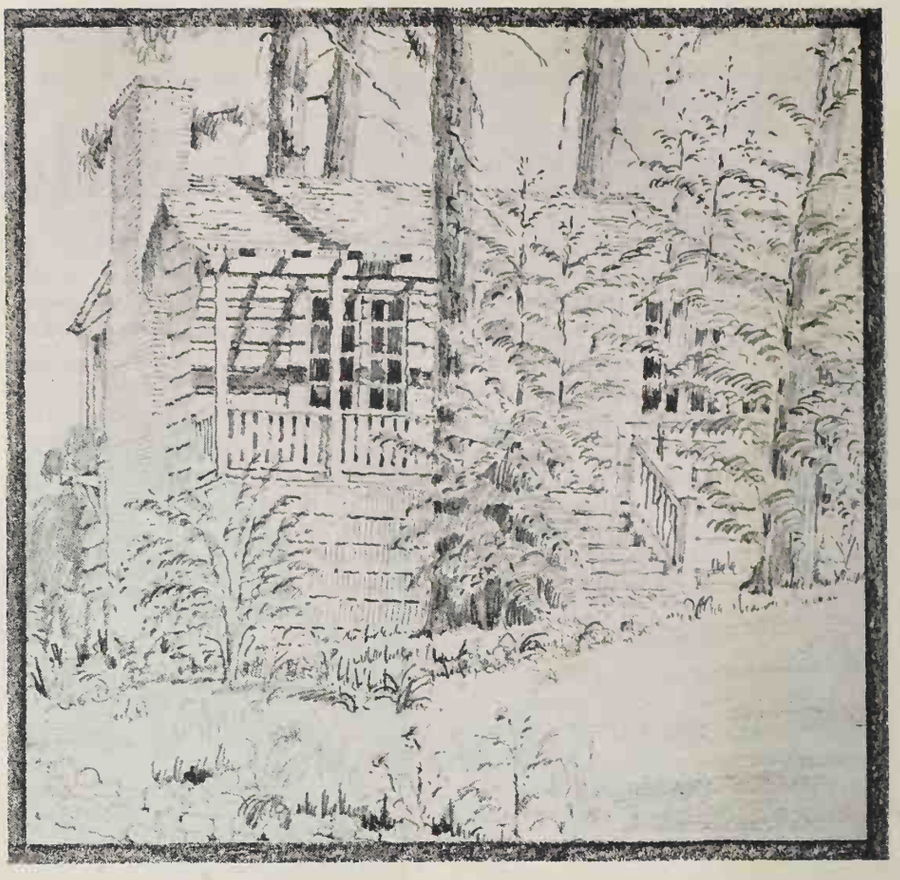


WHEN Mr. F. A. Stahmer came to me last April to see about planning a cottage for his property in the Santa Cruz Mountains, he said that he wanted to have something in keeping with the wonderful natural beauty of their property and to preserve all the trees, if possible. This pleased me immensely for so often when a family builds a house in the country, they think that any shack with just four walls will do so long as it protects them from the weather. Few accept such an undertaking as a definite challenge to do their best to create a building that will be in complete harmony with its glorious setting.

Does nature consider the possibility of making the bark on trees the minimum thickness and leaving it off on the side seen less frequently? I should say not! Everything, whether seen or unseen, is fashioned with infinite care and love.

Harmony Cottage—my answer to Mr. Stahmer—is an all wood structure on a concrete foundation consisting of piers spaced about four feet on centers. The underpinning is of 4″x4″ posts and the walls of 2″x4″ studs 16″ o. c. All walls are braced wherever possible.

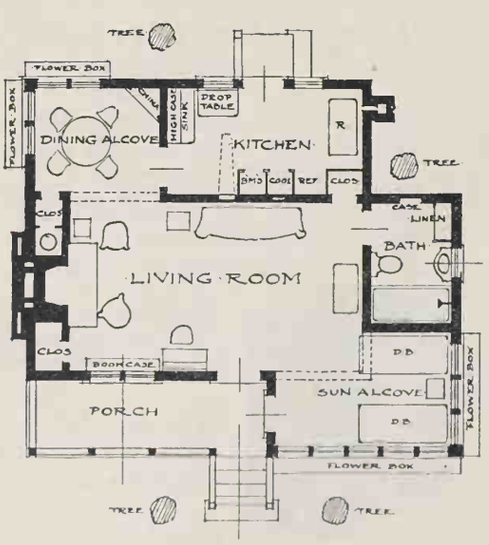
The exterior siding or rustic is of sap clear redwood, resawn out of 2″x12″ planks. This gives a maximum thickness of about an inch and a quarter at the butt and about 5/8″ at the end. This siding is laid so as to give about 10 inches exposed to the weather.

All who have seen this cottage have at once caught the strength and the scale given by the heavier material and sensed that it fitted more closely into the natural surroundings in consequence. Incidentally, the rustic definitely braces the building against wind or earthquake stresses.

The roof is of ready stained cedar shingles—"perfects"—in those tones of brown, with 10 per cent of black shingles added for accent. Remember that the roof should express the form of the building and in a small house should gather its several parts under its protection as a hen does her chickens; it is a very important feature of the house as a whole.

Since this cottage is clearly seen from the highway, it became doubly necessary to make the roof harmonious and interesting. The darker shades of the shingles match very closely the color of the bark of the redwoods and the lighter tones given sunlight and life to the roof, while the black gives contrast and accent at intervals. The shingles are laid slightly irregularly to soften the lines.

All exterior siding and finish are stained a pearl gray and the window frames are painted the same color. The sash and French doors are painted a soft rose color.



The chimneys, which are a feature of the cottage, are of common brick laid up with a weathered joint, to give strong horizontal lines, and have been given two brush coats of white cement. This simplifies the color scheme to gray and rose and makes it sing when the sun is shining. The green of the trees forms a lovely background for the chimneys from many points, the view from the highway being particularly pleasing. The main chimney contains a fireplace for the living room, and an outdoor fireplace which will serve as a place to grill steaks, and as a place to burn excess garden trash.

The windows have been placed so as to capture the view and as much sunshine as possible, and to give interest to the composition. The use of flower boxes is a feature at the windows of both alcoves. This suggested itself because the windows at the dining alcove are high above the garden. Then, too, I felt the need of color that might be seen from the breakfast table with the wonderful trees in the background.

It is the intention to use potted plants set into the flower boxes. For instance, *Convolvulus mauritanica*, that lovely lavender blue flower with soft gray-green foliage, combined with cat mint, pink petunias, aubrietia, dianthus, and some of the trailing campanulas in blue and white would be lovely.

When there is shade some ferns will be used in the boxes. The

beauty of using pots set in the flower boxes is that the changes may be ready as the season changes and one's window garden, however small, may be always at its best.

The interior of the living room and alcoves, on walls and ceilings, is of knotty cohite pine in random widths of 4, 6, 8 and 10 inch boards; plank doors are of similar material. All of the exposed roof framing, casings and trim generally, is of Douglas fir. All is stained a soft driftwood gray with a touch of rose to give a rosy glow and warmth to the room.

The kitchen and bathroom are enameled a delicate cream with all trim and the exposed rafters in a soft green.

A waterback in the living room fireplace connected with a 30-gallon boiler will give hot water when the fireplace is in use. At all other times a water heater burning liquid gas will be used.

Goethe once described architecture as frozen music, but I heard a better definition some years ago—"silent music." Frozen music suggests something that might be cold, whereas silent music suggests the beauty of a wonderful tree in sunlight and shade, the play of light on a mountain, the warmth and beauty of the hills in the light of the setting sun, and the incomparable beauty of our California landscape. In our country cabins, as well as in our city homes, let us try to catch this silent music. Then, and then only, will the home become the real theme song of our lives.

•

Sanctuary

My Cabin in the Hills

WHEN cares beshroud me like a pall
And days are gray with myriad ills,
I turn my back upon it all
And seek my cabin in the hills.

When fear of adverse days ahead
By some dark alchemy distills
Deep in my soul a nameless dread,
I need that cabin in the hills.

'Tis there I find my antidote
For worry of the sort that kills—
Heartache and strife are both remote
From that sweet refuge in the hills.

Within its walls true peace I find;
Each restful day and night instills
New strength to cope with humankind—
Strength born of God's eternal hills.

O Friend of Mine, this word to you
As Summer brings her endless thrills:
Would you your shaken faith renew?
Then build a cabin in the hills!

—Addison N. Clark.

"I wrote a letter to Tony Wons"

"Dear Mr. Wons: You should see how much better my floors and furniture look since I started using Johnson's Wax! My housework is lots easier, too,"—writes Mrs. M. B. Bates.

Here are photographs of Mrs. Bates, 7647 Ashlond Avenue, Chicago.

TONY WONS, radio philosopher, receives thousands of letters from housewives. • Tune in Tony's Scrap Book Tuesday ond Thursday A. M. (C. B. S.)

"It's no trouble to keep my floors radiantly polished with Johnson's Wax. They don't show scratches or wear and I never have to scrub. The polish stays on indefinitely."

"This table doesn't collect smudges and stains on its wax-polished surface. My dusting has been cut in half. My window sills are waxed too, as a protection against dampness."

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• Johnson's Wax spreads a radiant shield of protection over the surface of wood, linoleum and leather. It positively repels dust, scratches and wear. Cuts dusting in half. Eliminates floor scrubbing entirely. Gives a lifetime of beauty to furniture, floors and woodwork. Wards off finger smudges and moisture. Saves cost of refinishing floors and repainting light woodwork. Johnson's Wax is very economical to use. A little goes far and gives a *lasting* polish. It *cleans* as it polishes (a cleaner and polish all in one). Use it on leather articles, parchment shades, painted walls and cupboards, metal radiator covers, as well as painted toys.

"We polish our shoes and suit cases with Johnson's Wax. It keeps the leather pliable and gives it longer life. I protect all the small leather articles in the house with wax."

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ATHLETE'S FOOT

Absorbine Jr. saved the day for me"

[*Quoted from an actual letter in our files, from a minister, the original of which will be shown upon request*]

Posed by professional model

IF you could only read the hundreds of grateful letters in our files from people who have suffered, there'd be no doubt in your mind as to what remedy *you'd* use to clear up a case of Athlete's Foot.

You may not be the person we're talking to, and then again you might be—"*it is probable that more than half the adult population suffers from it at some time*," the U. S. Public Health Service has reported.

But dispel all doubt. Examine the flesh between your toes. Does it itch? Is it red, angry? Or white with stickiness? Blisters? Peeling, cracked, sore?

Apply this Inexpensive Treatment

If your feet perspire, play safe and examine your toes for the danger signals. At the slightest sign of infection, begin the immediate application of cooling, soothing Absorbine Jr. morning and night. Because of its superior ability to kill the fungi, a sufficient quantity of Absorbine Jr. for each application costs only a fraction of a cent.

When you buy, accept nothing but the real Absorbine Jr. All drug stores, $1.25. For free sample, write W. F. Young, Inc., 443 Lyman Street, Springfield, Mass. *In Canada:* Lyman Bldg., Montreal.

ABSORBINE JR.

for years has relieved sore muscles, muscular aches, bruises, burns, cuts, sprains, abrasions, SUNBURN

In cream and black, or green and black, the new "streamlined" teakettle and double boiler above are to be coveted. And here is news: both parts of the double boiler are marked inside to measure cupfuls

Kitchen Conferences

with GENEVIEVE A. CALLAHAN

WHY any woman should complain of monotony in homemaking is beyond my comprehension. Weariness at times she may rightly confess—though in these days "overdoing" in housework as in other activities is likely to indicate either lack of headwork or lack of a sense of proportion.

Sometimes it indicates mere vanity and addiction to self pity. Why else should a woman do the washing in the morning, scrub and clean the whole house while the clothes dry, and then, in a frenzy of "getting things done," hurry the washing in from the line and plunge into an orgy of ironing. "It's just the things that don't need sprinkling," she explains to husband or sister or neighbor who questions her sanity. "I like to get them put away." And at dinner time she is too tired to eat, too tired to suppress her irritability when the four-year-old—excited by that very current of irritability in the air—upsets his glass of milk. The chances are ten to one that she goes to bed that night saddened by the conviction that no one appreciates her "slaving" for them. And it is perfectly true—no one does!

Why? Because none of us likes to feel that someone is doing more for us than we are able to do in return. Doing too much for our families is every bit as selfish as doing too little for them. But mercy on us, how hard it is for us to acknowledge to ourselves that we really enjoy doing too much at times, even when we know full well the inevitable after-effects—headache, crossness, inefficiency for two or three days following our indulgence. The woman who deliberately is intemperate in her housework is in much the same class as the man who deliberately gets drunk!

What to do about it? I answer from experience: watch ourselves, and develop the strength of will to stop short of fatigue in any job. Knowing our own limits of ability and strength, we know just how far we dare go in housework and community activities. When we have learned to say "No" firmly and decisively to a chairman who asks us to serve on a telephone committee during the week we are getting ready to move; when we learn to say "No" to ourselves when tempted to go ahead and wash the bathroom walls when we really had set out just to wash the window—then we have learned a great deal about how to live happily with our families. Then and then only are we eligible for the degree of Real Homemaker.

• •

I started out to talk about monotony, when I went off on that tirade against overdoing. The point I wanted to make is that the opposite of monotony is change—and if there is any job in the world that offers more possibilities for change than homemaking, I don't know what it is!

The family income goes up or down; the size of the family increases or diminishes; children grow up; relatives come to visit; clothes and furniture and draperies wear out and have to be replaced; the living room furniture can be shifted again and again, seeking to find the one perfect arrangement of the old familiar pieces. And as for the kitchen—leaving adventures in cookery out of consideration altogether for the present—well, after working in the same sunny kitchen on Russian Hill for more than two years, I am still organizing and reorganizing it, and having more fun doing so all the time. You know how it goes.

I think it must have been the acquisition of that smart new green and black double boiler, pictured on page 38, which precipitated our latest attack of reorganizing. There just wasn't a good place to keep it, in either pantry or kitchen, so we began our perennial game of "put and take." And how one thing does lead to another!

Last evening we cleared the soaps and cleansers out of the little wall cupboard (it formerly housed a most inconvenient ironing board; we took out the board and installed shelves some time ago) and painted the interior green to match other touches of that color in our mostly-yellow kitchen. Then this morning, on the fresh green shelves, I "filed" my large and complete assortment of spices and seasonings in their bright red cans, grouping similar kinds together. There is one full shelf of flavoring extracts, too, and another shelf holds neat containers of gelatine, soda, cream of tartar and such. Being immediately above the table on which we do most of our food preparation, the little cupboard is decidedly convenient as well as attractive. And what a lot of pantry shelf space is released for other things!

• •

A new open cupboard which just fits a niche in the wall (yes, I actually measured the niche before going shopping!) now is devoted to holding the most used pieces of oven glass—and right above it is hung the smart kitchen calendar of menus and recipes put out by the makers of that glassware. Another new cupboard is to fit in between the electric refrigerator and the entry wall, to hold canned fruit and preserves (put up by Mrs. Barrada's clear directions); and three narrow shelves, just wide enough, and spaced just far enough apart to hold a single row of jelly glasses on each, are to be installed next, just above the refrigerator. When we get all those projects accomplished, I hope we don't move!

• •

I don't know how many columns have been printed and how many bulletins have been issued on the subject of removing stains. The advice is good, and useful, when washable materials are under consideration. When non-washable fabrics and materials are affected, however, it seems to me much wiser and more economical to call upon a professional cleaner. A friend of ours had just finished making a darling red wool "suspender" skirt and white silk blouse —with hand fagoting, no less—for her small daughter to wear to a program. Returning from the affair, Eileen proceeded to turn an open can of varnish upside down in her lap. The mother, without doing any dubious experimenting, called the cleaner—and in three days the dress was home again, looking just as pretty as ever.

CUT THE COST OF YOUR INTERIOR PAINTING

—*use paints that last*

You can't figure the cost of an interior paint job in terms of "first" cost. "How long will the paint stay fresh, colorful, and new-looking?" "How long will it *last?*" *That's* the important question. It's the *only* question. It's sheer waste to use poor quality paints, when you have to do the whole job over again in a few years. So—if you're really interested in saving money on your interior painting this fall, use only the best paints—paints you know will *last*. Insist on *Fuller* Paints. Their long-lasting qualities have been demonstrated over a period of 85 years. That's why they're the choice of the west. Fuller Paints are sold by leading paint dealers and Fuller Paint Stores throughout the west.

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Fullerglo is the most popular finish in the west for interior walls and woodwork. It has a semi-lustrous, satin-like sheen that tones into any color scheme. Cnoice of modern pastel tints. Durable. Can be washed again and again.

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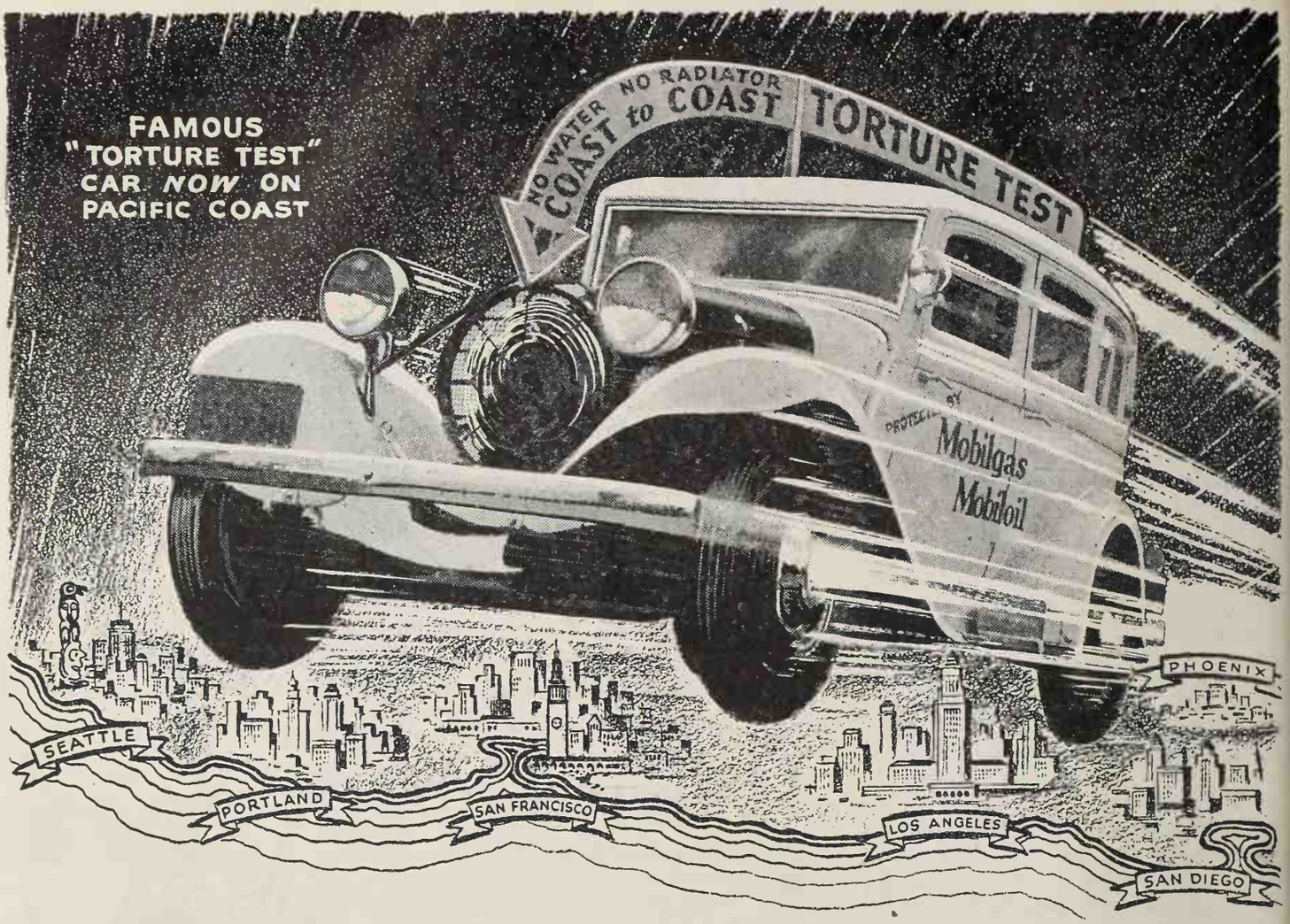

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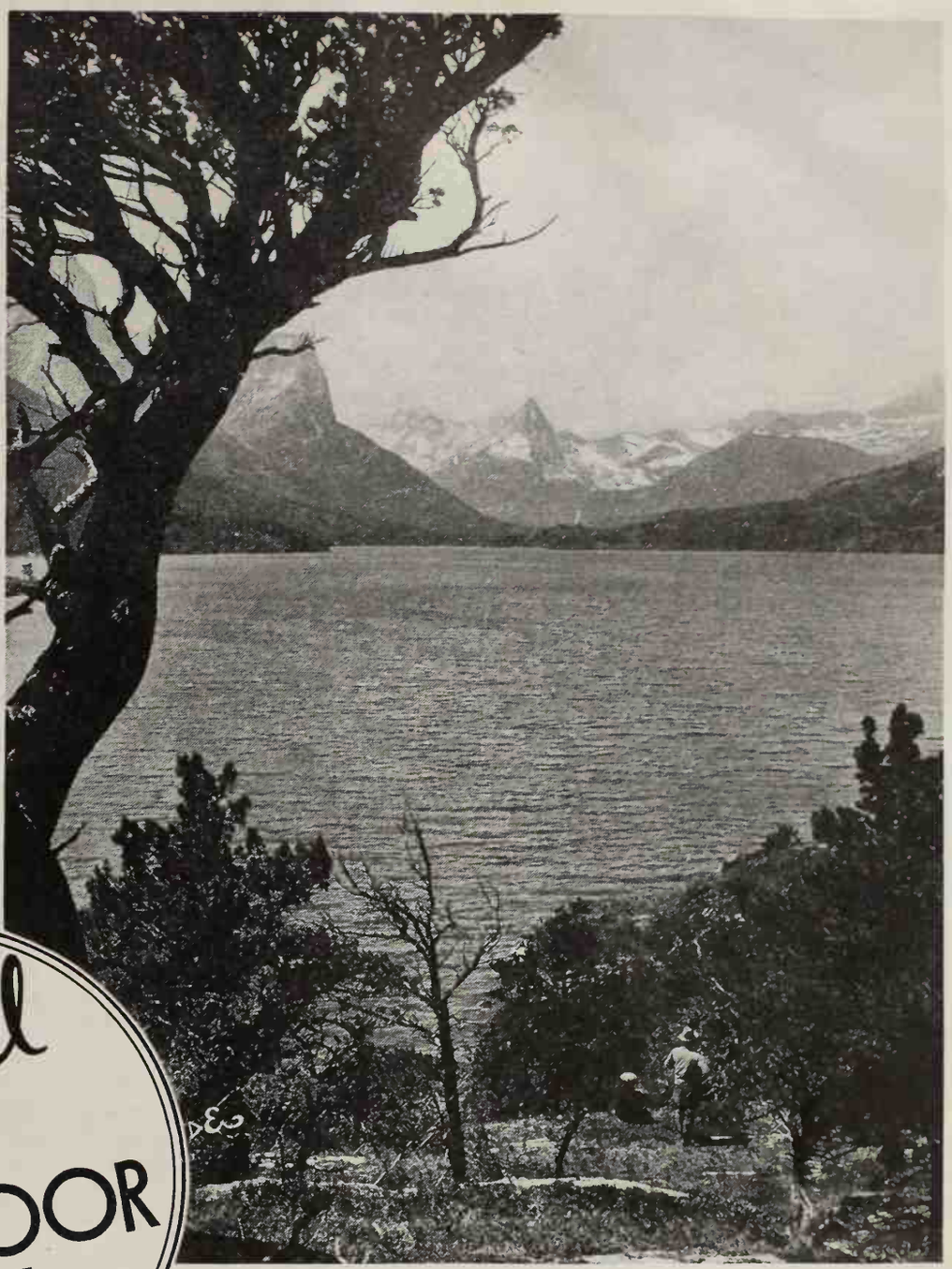

Land of the Shining Mountains, Glacier National Park

PHOTO BY HILEMAN

Travel AND OUTDOOR LIFE

CONDUCTED BY HELGA IVERSEN

"To attempt to tell the marvelous story of Glacier National Park without some reference to geology would be comparable to performing Hamlet without the Dane," was the way one author leads up to one of the most prodigious exhibits in the world—Glacier Park fault. Being far from a geologist, we won't go into that aspect of it other than to pay our respects to such phenomena as faults for leaving us anything as lovely as Glacier. It is perhaps the only national park where a transcontinental traveler can arrive by train and find a huge rustic hotel but a stone's throw from the station and, when the train has pulled out, realize that he is in the heart of the wildest mountain scenery. (Transcontinental rail travelers can also make a one-day stopover in the park by leaving the train at one station and catching it again on the other side of the park.) Glacier National Park is a land of living glaciers, remnants of a prehistoric period; of perpetual, imperishable beauty; of magnificent mountains, exquisite colorings, and over all the silence of the Rockies.

As for us, we would prefer to see this land of Shining Mountains by horseback; to ride to the top of a peak, along the crest of the divide, to talk with the Blackfeet Indians and hear their songs and legends, to come suddenly upon cool blue lakes, to let a waterfall sing us to sleep while we lie in camp under the stars, to stand in a field of wild flowers and see a glacier shining in the sun, to catch a glimpse of a mountain goat, a grizzly bear or an elk, to try for gamy trout. Cutthroat, Rainbow and Eastern trout are most plentiful, and the season extends from June 15 to late fall. Most of the fishing in Glacier is lake fishing.

The photograph above shows a view from the new Going-to-the-Sun Highway, with St. Mary Lake in the foreground. In addition to an excellent highway there are motor launch connections on the various lakes, and in the midst of this wilderness of beauty, a chain of hotels, chalets and camps. For

IN the smallest details of Yosemite-living and playing, you will feel the guiding hospitality that had its beginnings 35 years ago, when Camp Curry was founded at the foot of Glacier Point.

Through the years the Curry family has gathered together an organization of Yosemite enthusiasts, now "grown up" in the duties of caring for Yosemite vacationers. Twelve resorts are now part of the original Camp Curry management. Each welcomes you this summer to a different part of the Park. Each has a vacation planned to *fit* its setting in vast Yosemite.

Write to Dr. Don Tresidder, president of Yosemite Park and Curry Co., Yosemite National Park, Calif., for scenic folders describing California's most complete vacation.

Mrs. D. A. Curry
MANAGER, CAMP CURRY
Mary Curry Tresidder
ASSISTANT MANAGER, CAMP CURRY
Don Tresidder
PRESIDENT, YOSEMITE PARK AND CURRY CO

Yosemite
AND MARIPOSA BIG TREES

the person who covers Glacier on foot or on horseback, the camps afford excellent overnight accommodations. Whether a hotel, chalet or camp, it will be the starting point of interesting trips of exploration to a glacier, a lake, or a new mountain trail. There are plenty of good saddle horses trained for mountain trails and thoroughly reliable. All-expense saddle trips through the park can be had during the season. (One of our first experiences on horseback was on just such a mountain trail trip in a national park, and we've had a yen for mountain climbing via horseback ever since!)

It is only when you visit Glacier National Park that you can begin to understand why the Blackfeet gave their mountains such melodious names as "Going-to-the-Sun," and you can understand why even the loveliest description of the park sounds trite after you have actually seen shimmering blue lakes tossed into the laps of glacier streaked valleys and mountains, and surrounded by flame tinted tree-clad mountains, and over all a sky sapphire blue . . . . Just to write about it brings to us again that insistent call of the mountains. Visit Glacier this year! 1934 is National Park year.

Glacier National Park is open June 15 to September 15. The high mountain chalets and camps and extended saddle horse trips are available from July 1 to September 1. Whether you plan to see Glacier as a stopover on a transcontinental trip, or whether you plan an all-expense tour through the park, let us help you plan your itinerary. Write the Travel Service Department for further details and literature.

Motoring To Oregon?

FROM a reader in Oregon come the following suggestions for the motorist: "Silver Falls State Park is located about 27 miles east of Salem, Oregon, in the foothills of the Cascade Mountains. This park is unique—there are ten beautiful waterfalls, majestic canyons, primitive trees, and several trout streams, all within a radius of 2½ miles. The falls vary in height from 25 to 200 feet. This park can be reached over good paved and macadam roads, and within the park are good trails into and through the canyons connecting the various falls; rustic bridges cross the streams; there are parking spaces, etc. This park is not in any way commercialized and therefore unspoiled and lovely. While Silver Falls Park is well known to people of northwestern Oregon, it is little known to tourists from other states. Some day when this park is better known, a good share of the tourists motoring to the Northwest will make a trip to Silver Falls Park. I can assure you it is well worth while." And we hasten to add that Oregon scenery *is* something to talk about!

Summer Cruises

PERHAPS it's the weather, or perhaps it is the fact that we are sitting at the one-time desk of a famous newspaper columnist, or it might be our vantage point from a little house atop Telegraph Hill. The harbor spreads out below, and we can't resist talking about ships and things. Here comes a foreign freighter loaded with cargo from Europe and far ports. She will discharge a few passengers (there are passenger-freighter ships in a regular service to Europe via the Panama Canal carrying from 10 to 40 or 50 passengers) who have been enjoying a month's leisure voyage and are perhaps a little glad to set foot on land again for a time. Right below us lies a three-masted schooner which, we hear tell, has just come in from Tahiti. Green and white she is, and tiny though seaworthy, rolling slightly with the tide and beckoning us to the languid isles. Two or three piers away lies one of the large new intercoastal ships from New York; taxis swarm the pier entrance, excited friends and relatives are down to greet returning passengers; dock hands are already busy unloading the cargo—oh me! even a ferry boat looks inviting on a day like this! But we started out to talk about cruises, and there is one of particular interest we want to mention, for it is the first of its kind. The cruise party (or parties) leave San Francisco June 16, 22 or 30 for Hawaii and all the magic romance that the name Hawaii conjures. From there the cruise party leaves *en masse* (having enjoyed 2, 9 or 16 days in Hawaii according to the date of departure from San Francisco) on July 6 for Victoria and Vancouver and then to Alaska, going as far north as Skagway, and returning to Seattle July 23. The tour party returns to San Francisco and way points by rail, arriving in San Francisco July 25 and Los Angeles July 26. We have had so many letters from readers who have not been able to decide upon Hawaii or Alaska—and now for the first time it is possible to visit both places on one cruise without worry of detail or the expense of combination fares. The cost of the cruise will be little more than the cost of visiting just one of these vacation attractions. Hawaii is always enjoyable, but the cruise has been so designed as to

visit Alaska at the most desirable time when there will be flowers and balmy summer days, as well as the eternal glaciers and glistening mountains. Write for a descriptive folder on the Alaska-Hawaii tour and remember, get your reservation in early!

Canadian Rockies Tour

Travel Editor, Sunset Magazine:

I am interested in a trip to Victoria and Vancouver this summer and would like some booklets. I have in mind going north by boat, and am particularly interested in the possibility of including Lake Louise and Banff in my trip. Could you give me an idea as to how much this side trip would cost from Vancouver?—B. G., Whittier, California.

Literature has been sent on the Northwest and what to see in that region. Your idea of including Lake Louise and Banff is a good one, and the trip to the Canadian Rockies is one you won't soon forget. During the summer season a series of all-expense 4, 5 and 6 day tours are available to include Lake Louise, Banff and Emerald Lake, as well as motor trips to the surrounding country. These tours leave from Field Station (reached by train from Vancouver) and include motor transportation to the various points of interest, hotel accommodations and meals during the whole tour. A four-day trip, for example, will allow a day at Emerald Lake, a day at Lake Louise and two days at Banff, and the all-inclusive fare from Field is $60. The round trip rail fare from Vancouver to Field is $31. Literature on these tours has been sent you.

If You Are Going to Europe

WRITE the Travel Service Department for the booklet, "1934 in Great Britain and Ireland." July marks the opening of the Swimming Stadium at Brighton in England, the largest covered sea water swimming pool in the world. Garden lovers will want to include the Isle of Wight on their itinerary—it is known as England's Garden Isle. If you have plenty of time for browsing, take one of the popular walking tours through the beautiful English lake region. The Malvern Festival is held from July 23 to August 18, doing plays from Drinkwater to Shaw.

If you go to Italy remember that in June the Procession in honor of the Patron Saint of Anacapri is to be held, and in July the Sea Festival when the Blue Grotto in Capri will be illuminated.

We are still lecturing those of you who might be under the impression that

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It's an easy trip to make. At most, this great vacation land is only a one-to-three-days' journey from California cities. It offers you such a complete change of climate, of scenery, of sports and pastimes that even a few days here will invigorate you. (You can easily make the Circle Tour of all cities in two weeks.)

It's a sort of pot-pourri of every kind of vacation delight you have ever imagined! Evergreen forests, snow-capped mountains, fishing streams, waterfalls, acres of brilliant flower-gardens, velvety lawns, verdant valleys . . . snow sports, riding, hunting, bathing, golf . . . a trip to a "foreign" country, unusual shops and strange merchandise. You can breakfast in Tacoma and lunch on Mt. Rainier's snowy slopes! You can start your day at Bellingham and in two or three hours be at the top of Mt. Baker! You can sleep in Vancouver and before nightfall visit several gold mines in the now famous Bridge River district. You can lunch in Victoria and be in the Olympic Forest by tea time! Within half a day from Seattle, you can reach almost any point in the whole Evergreen Playground.

You will get more value and more variety out of your holiday budget if you come to the Evergreen Playground. Mail the coupon below for picture book—where to go and what to see while here.

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VICTORIA, Capital of B. C., a miniature of Old England, Parliament Buildings, lovely gardens, great Island sportland.

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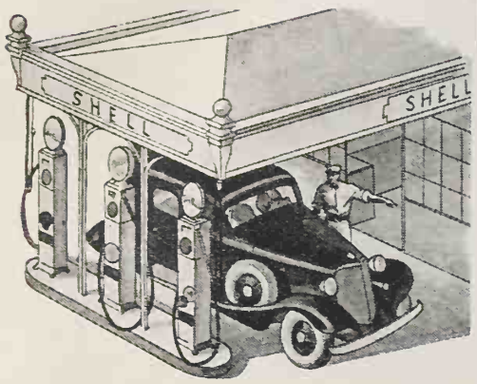

WE KNOW you don't always need gasoline. Sometimes it's a road map, or directions through the city, or information about local happenings. Or maybe just to wash your hands or powder a nose.

We're honestly glad to have you stop. If we weren't we wouldn't keep all the service facilities we do at our Shell stations.

TRAVEL

travel to Europe is higher this year. In the finest hotel in London a double room with bath can be had from $9.00 to $10.00, and in some of the excellent hotels $5.50 will get a room with bath, and two meals. We have just talked with a steamship representative from Paris who reports that the best hotels have reduced their rates as much as 35 per cent, and living expenses in and around Paris are considerably lower. One can taxi from one end of Paris to the other for about 80 cents. (The fare is slightly higher in the evening.)

Planning to send your child abroad to school? Write the Travel Service Department for a list of French schools.

The State Railways of Czechoslovakia have reduced their rail rates about 30 per cent first class, and 20 to 25 per cent in second. June is a month of festivals in this country.

How is Your Photography?

STATISTICS reveal that members of the 26,000,000 families in the United States own and use at least 10,000,000 cameras, and that all of these persons are more or less active amateur picture takers. To get pictures is a very simple problem—but to get really good pictures takes a little time and study. Lights, shadows, composition, focus and exposure play a prominent part in securing good pictures. Recent improvements have opened up new possibilities to the amateur, and new supersensitive films have made it possible to take snapshots indoors at night, and through nearly the whole range of daylight outdoors, be it sunshiny or cloudy. Learn to take not only pictures, but good pictures. If you have any specific problem with regard to taking snapshots, we shall be glad to try to answer your questions. Address the Travel Service Department, enclosing a self-addressed stamped envelope with your request.

Fishing in Pyramid Lake

Travel Editor, Sunset Magazine:

Please give us the dope on some really good fishing near here.—J. H., Sacramento, California.

There are fish stories and fish stories, but they do tell that Pyramid Lake near Reno, Nevada, is the "Home of the World's Largest Trout." And here is a Ripley to give authority to the title—a 64 pound trout was caught at Pyramid Lake, and a prize is offered for the smallest trout caught—if you can find something less than 1½ pounds. Fish-

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PORTLAND'S NEWEST HOTELS

the HEATHMAN *HOTELS*

ing is done directly off shore from boats, and there are plenty of Indian guides to take you out for a small sum and to supply you with rod and tackle if necessary. Excellent stream fishing is found in the Truckee River which empties into the lake. And by the way, when you tire of fishing there is swimming or hunting or horseback riding over interesting trails. A folder descriptive of Pyramid Lake and surrounding country has been sent.

Europe Through The Canal

Travel Editor, Sunset Magazine:

I had no idea that passenger ships sailed from San Francisco to Europe. Will you please send me literature and descriptive folders on the ships sailing from here to England; type of ship, cabins, sailing dates, etc.? Literature about England will also be helpful.—H. B., San Bernardino, California.

There are a number of foreign passenger-freighters maintaining a service from West Coast ports through the Panama Canal direct to England, France, Germany, Holland, and Scandinavian ports, as well as to the Mediterranean. These ships, primarily designed to carry cargo, have been built with limited passenger accommodations for from 10 to 50 passengers, depending upon the ship. There are large comfortable staterooms with every convenience, lounges, dining rooms, ample deck space, etc. The voyage to the first port in Europe takes about 28 days, and calls are often made along the West Coast of Central America and in the Caribbean as well as in the Canal Zone. Rates vary according to the size of the ship and the number of passenger accommodations. Literature has been sent to you descriptive of a number of these ships. Many of the steamship lines in the direct service also have a trans-Atlantic service. For a person with plenty of leisure time and looking for variety, it is interesting to sail one way via the Panama Canal direct to Europe, and then return to New York on the trans-Atlantic service, and home by rail. Special reductions are granted on a round trip ticket of this routing.

What's in a Pack Trip?

WE have discovered to our woe that the question is not only "What's in a Pack Trip?" but "What is a Pack Trip?" For the benefit of those who do not know what such a vacation means, we can only say that they are missing one of the joys of life. Let's motor from the busy city to one of the little towns at the

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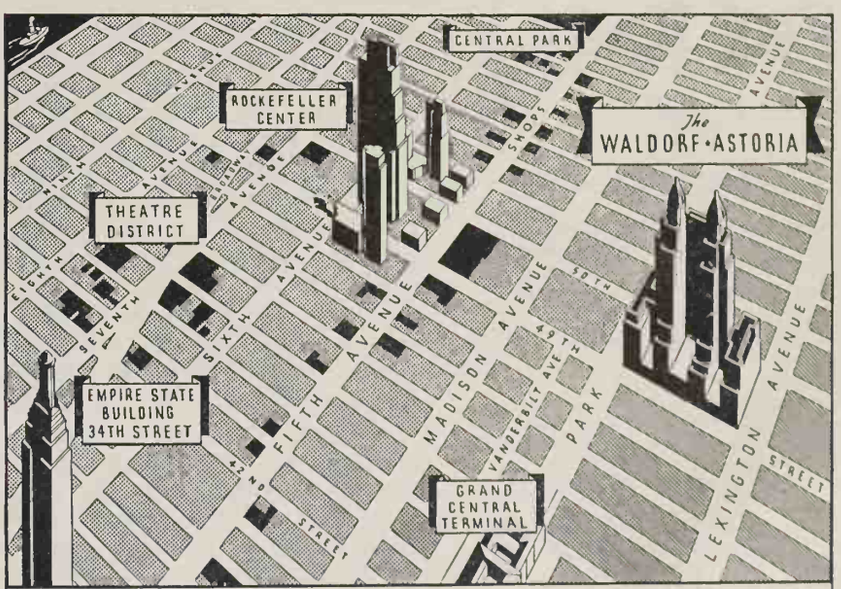

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Portland to Yokohama $172, Kobe $177, Shanghai $198, Hong Kong $215, Manila $215, Round-the-World Tours $471 to $599. Passengers may board the ship at San Francisco at a slight additional cost.

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FROM PORTLAND

See your travel or railroad ticket agent for literature and full particulars, or write States Steamship Lines (Dept. 13) Portland, Ore.

T R A V E L

base of the Sierra Range, near Sequoia and the Mt. Whitney region. Bring along your own equipment in the way of a sleeping bag, fishing tackle, concentrated foods, movie camera, etc., and then from one of the numerous reputable packers in the Sierra region, pack animals and horses can be obtained for a few days or a few weeks, as your vacation permits. The guides will help you load your supplies on the animals, and you will climb into a creaking saddle (can't you feel the thrill of it already?) and with a wave of the hand you turn your back on the last bit of civilization and head off into the mountains—to Timber Gap, Crabtree Meadows, Moraine Lake, or perhaps the top of Mt. Whitney will be your goal. There will be days of such scenery, of mountains and canyons such as you have never dreamed; swims in crystal clear lakes; and such fishing; nights out under the stars on a bed of pine needles; and over all the peace that great open spaces afford. Write for a folder giving details and expenses of a pack trip in the Sierra. Please enclose a three-cent stamp with your request.

Vacation Reminders

REDUCTIONS have just been announced in first and tourist class steamship rates between Pacific Coast ports and the Panama Canal, and on one-way-water-return-rail trips to New York via the Canal. These reductions, together with lowered Pullman rates, makes a trip through the Panama Canal truly inexpensive.

If you go to Mexico this summer (and you really should with fares so low and connections so good—you can do it in two weeks, you know), you will come home so full of memories and enthusiasm you will talk for moons about the trip. But if you want one memory ineffably lovely and one you can picture forever but never really describe, go to Taxco, climb a hill behind the city, and find the little churchyard overlooking the village below. You will see red tiled roofs, crooked little streets, laden burros, sun-splashed walls, and above all, you will experience the peace and quiet of the little churchyard mingled with the loveliness that is Mexico. Perhaps it isn't so different from other vistas from other hills in Mexico, but it will do something to you, this little churchyard of Taxco, and it will leave you one very definite, very lovely, picture of Old Mexico.

A note from a loyal Seattle-ite invites the prospective Northwest visitor to "spend some time in and around Seattle

- COMFORT AND QUIET
- ELEGANT ATMOSPHERE
- CONVENIENT LOCATION
- UNEXCELLED CUISINE . . .
- GARAGE IN BUILDING
- RATES WITH BATH as low as . . . $3.50
- San Francisco's Newest and Most Modern Downtown Hotel

SIR FRANCIS DRAKE

POWELL AT SUTTER

The Water's Fine!

BUT how about your suit? If your summer vacation takes you to the tropics, to a mountain resort, to the seashore—in fact no matter where you go—you will need a bathing suit. This year marks the advent of smart new suits so designed as to give real "swim" comfort and plenty of room for the sun to apply its coat of tan. Write the Travel Service Department for the descriptive leaflet on 1934 bathing suits for men and women.

IN LOS ANGELES

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AT WESTLAKE PARK

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$3.50 *upward—European Plan*
A charming old English hotel on the inner harbor . . . gateway to glorious Vancouver Island. Yachting, sea and stream fishing, swimming, year 'round golf. Open all year.

HOTEL VANCOUVER • Vancouver
$2.50 *upward—European Plan*
Largest hotel on the North Pacific Coast—overlooking Strait of Georgia. Golf, fishing, smooth bathing beaches, delightful steamer excursions. Open all year.

Auto ferry service between Seattle, Victoria, and Vancouver; between Vancouver and Nanaimo; autos shipped by rail over Selkirk Mountains between Revelstoke and Golden. To lengthen your holiday at these resorts you can save time traveling by rail.

For literature and information ask any travel bureau, automobile club or see FRED L. NASON, *Canadian Pacific, 152 Geary St., San Francisco or* W. MCILROY, *Canadian Pacific, 621 S. Grand, Los Angeles*

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36-DAY CRUISE UNDER 5 FLAGS	$398.50
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TRAVEL

and see the wonders within a few hours from the city. There is a trip from Renton up through beautiful Maple Valley to Black Diamond, to Lake Lucerne, Lake 12, Green River Gorge or the Flaming Geyser; a lovely ride of 55 miles around the Lake Washington (or if you are tired of motoring, this editor recommends the interesting boat trip around the city); a short ride to Granite Falls or to Snoqualmie Falls; and countless ferry trips to all the enchanting spots on the Sound.—I. W. M." May we add that Canyon Creek Lodge near Granite Falls is an ideal place for a restful vacation or for a few days' stop? And one of the most interesting ferry trips across the Sound is that from the little village of Anacortes through many of the San Juan Islands, to Sydney on Vancouver Island. Write for descriptive literature on the Northwest.

Visitors to Las Vegas and Boulder Dam should make hotel reservations in advance of arrival. One week-end saw about a thousand visitors unable to find hotel accommodations.

Rambles in Europe *with* Jane C. Higbie

IN a summer's ramble about the beautiful Emerald Isle, I had failed to see a market day in any village. Here one finds a most interesting cross-section of rural life—vivid, colorful, entertaining, and giving an insight into the lives of the people and their common problems.

Killarney held for me promise of sparkling lakes, held in the cup of green hills; the towering crags of McGillicuddy's Reeks; small boats, shooting the rapids, at The Meeting of The Waters; sturdy ponies, picking a careful path among the rocks along the pass, where the shouts of their drivers crashed into echoes of incredible sound. The Leprechaun (good fairies of the Irish) must surely have had me in their care; to gratify the slightest wish of this wandering American seemed their special mission.

All day we had followed the winding roads about the lovely lakes. From the high seat of our jaunting car we peered over gray lichened walls, topped by veritable trees of blue and red fuchsias at least ten feet high. Castles we saw, shady woods and dells, green fields, where fed many well-rounded porkers. "Ahhh!" cried our jervey (driver), "thim's the gintlemin that pay the rint!" And as we arrived again at the village: "Here be the Tinkers, come to town for the fair!"

Tinkers are the gypsies of the Irish. They roam about the country, trading horses and donkeys, now and then doing

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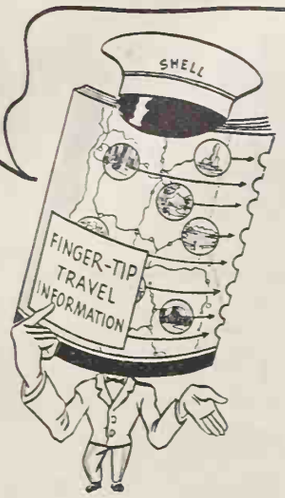
WHAT WOULD YOU LIKE TO KNOW, STRANGER?



WHAT local historical spots should you see? Where are the best hotels to stay? Is there good fishing nearby? Hunting? Golf? Swimming? And where shall you go from there?

Shell Finger-Tip Travel Information books have the answers to these questions and thousands more. They are tourist encyclopedias just crammed with facts. Refer to them at any Shell service station. All along your way you'll find these books helpful and instructive.

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Large, magnificent public rooms.
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PLUS the comfort of a smooth sailing giant liner. The *Virginia*, *Pennsylvania* and *California* are the largest ships in intercoastal service. (Tourist Cabin fares remain at their former low level.)

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TRAVEL

an honest bit of repair work for the housewife, but more often a little less honest favor for themselves. So they camped, as is their custom, near the enclosure of the Market-fair.

Good fortune gave me a room on the front of the inn, facing the main street of this quaint little town. Summer's twilight lingers, until dawn follows so close that there is almost no night. Thus throughout the night and early morning I heard the patter of small hoofs on the stones of the square, the voices of drovers and shepherds muffled in the tones of the old Gaelic tongue—which by the way is now taught in all the schools of the Free State.

Small black Kerry cattle scampered as wildly as ever they did in their native hills, and kept the drovers going at top speed.

Morning found the square a lively place. Two-wheeled carts of produce, hens and other fowl and all, were backed against the curb. Sheep, pigs and cattle were corraled in pens beside a narrow walk. Red-cheeked colleens, children, dogs—all had come with the men to the fair, many sleeping a few hours in or under the carts, after their long ride to market.

Here among the cattle men, a black "younger" seemed to be the object of a close bargaining. "An' how much be ye wantin' fer this wan?" "Two-tin, an' worth it t' anny man!" "G'wan wit ye! T'is a har-r-r-d year—cattle plinty, buyers few. I'll gi' ye two-an'-five an' soon be out o' the notion." Silence. "Two-an'-siven, then an' I'll gi' ye the Look penny." So the money is counted, £2/7/6 (2 pounds, 7 shillings, 6 pence). The 2/6 is returned to the buyer, who has thus bought at his own price—truly an Irish bargain.

The former owner scoops up a handful of dung, slaps it upon the creature's back, and the sale is completed; it is marked "Sold."

The jaunting car waits and one must leave these new sights and sounds, just when they have become most interesting. But when you visit Ireland, at Killarney, or any town where market-day is held, take time to visit the fair. It will give you many pictures to treasure, long after the last tiny light fades in the distance off the Irish coast, and your ship is headed home.

Correction

Rates as announced in the May issue for tours through Yellowstone National Park are incorrect now that the rates have been lowered. The three and a half day tour through Yellowstone, if stopping at lodges is now $38 rather than $39.50; or if stopping at hotels, $45 rather than $48 as quoted last month.

OVERLOOKING
SAN FRANCISCO

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hospitable service
...excellent cuisine

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Ride the High Sierra Trail for an ideal vacation, whether you fish for the plentiful Rainbow and Golden trout or just loaf along and enjoy the unparalleled scenic beauty found only in the High Sierra mountains.

We take parties by pack train into all parts of the Sierra and particularly into the Kern, Kings and San Joaquin River countries. Our stock and equipment are the best and our packers, guides and cooks are young and experienced men. All details of a pack trip for any size party will be arranged as desired. For folders, rates, and full information, write Phil Buckman,

MINERAL KING PACKING CO.
THREE RIVERS CALIFORNIA

SLEEP IN COMFORT

Air Mattress and Sleeping Bag Complete $12.95

Kapok sleeping bag with waterproof cover, Talon slide fastener and 3/4 length Sportsman Tapered Air-Mattress. Rolls in self-contained small bundle. Size 32x76. Air-Mattress is easy to inflate with mouth. Identical as above but with sleeping bag 36x80, $14.95. Wt. 15 lbs.

Send check or money order. Sent prepaid anywhere. Money-back guarantee. Pacific Tent & Awning Co., Fresno, Calif. Free catalog of complete line, tents, etc.

Fishermen!! The end of a perfect day! Fresh caught trout cooked in Golden State

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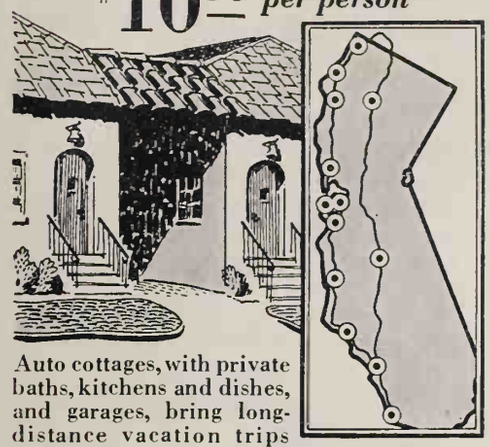
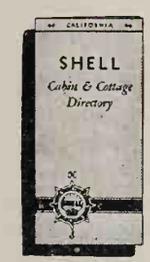


Auto cottages, with private baths, kitchens and dishes, and garages, bring long-distance vacation trips within almost anyone's reach. 13 nights on California Circle trip—only $42.00 for a party of 4. Details at Shell service stations.



Cabin Directories FREE
They list and describe cabin resorts on main routes in California, Oregon and Washington, give rates. Get copy at any Shell service station.

Hotel and resort rates also *are low this year.* Consult Finger-Tip Travel Information book at any Shell service station.

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(Concentrate)

▶ A remarkable preventive, it is taken internally, by drops, and "vaccinates" for an entire season. Used by 9th Army Medical Corps in C. C. C. camps and by power companies for line crews. Immunization should begin at least two weeks before possible exposure.

$1.00 **As a treatment...**
In mild cases POISONOK will materially shorten duration of rash. In severe cases, see your physician for injection and adjunctive treatment... *Ask for* POISONOK *by name at your Druggist's*

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U. S. GOVT. LICENSE NO. 8
Manufacturers of Vaccines and Antitoxins for the medical profession since 1897

Going to Europe?
To the feminine traveler, clothes is a large item. Write the Travel Service Department, enclosing a three cents stamp, for a copy of "Clothing Suggestions for the Short European Trip." The new list just compiled contains important suggestions for including items necessary to a European jaunt. Literature on luggage is also available.

School Is Out

(Continued from page 13)

it supplies the running, jumping, stretching and bending so imperative to healthy growing bodies.

Quoitennis is another game that can be played in almost any yard. It, too, has all of the qualifications of badminton. Add archery, ring-toss, horseshoes, swimming, baseball and horseback riding where possible, combined with the usual minor tasks around a house and garden, and the children will have a full and healthy summer.

For Sunset boys and girls nothing is so fascinating as gardening. A small plot of ground or a miniature greenhouse all one's own to be weeded, watered and nurtured is a joy. The plot should be small in order not to make the task of gardening too arduous. It is well to remember that little feet must take three times as many steps to cover the same amount of ground that you cover in one. During childhood there is a tendency for grown ups to use little people as their "fetch and carry" system. This is fair only to a limited degree. A child tires easily. He has been here such a little while he has not had time to learn all that a grown-up knows about short cuts and labor saving devices.

The normal demands of the child's growing body, for food, exercise and rest, takes up about nine-tenths of his time, so do not be too driving a task-master. It is part of the moral and mental growth of a child, however, to see that each day he devotes a portion of his waking time to given chores.

Out-of-doors activity during the vacation period cannot be over-emphasized. It must be borne in mind that the child has had nine months of more or less physical inactivity. The mind has been developing and, of course, the body to some extent, but spring and summer are the body's growing period and every advantage of play which entails running, jumping, stretching and bending should be taken to build strong bodies.

•

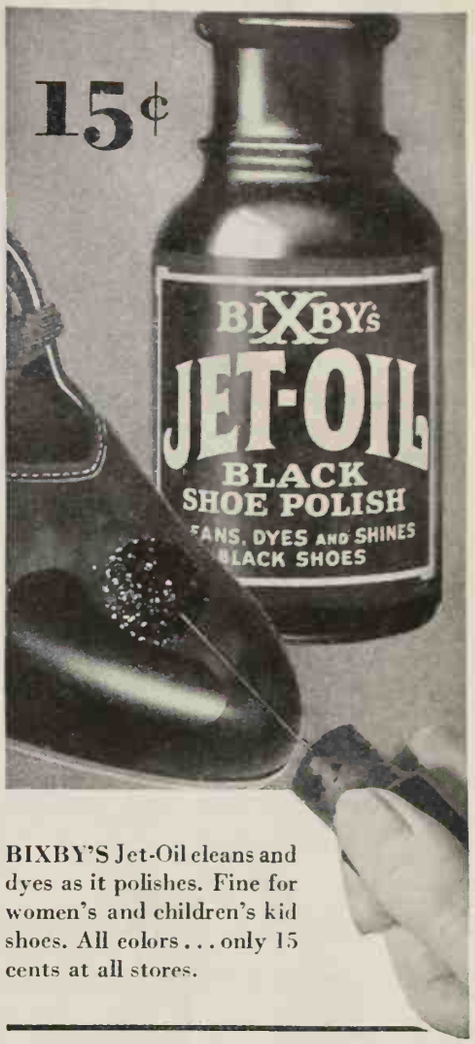
GULLS AT SUNSET

By these wings
A net is spun
Between me
And the setting sun.

By these cries
A net is laid
For my heart . .
I am afraid.

I am afraid . . .
I'll leave the spot . . .
Snared in beauty,
I cannot.

—Ethel Romig Fuller.



BIXBY'S Jet-Oil cleans and dyes as it polishes. Fine for women's and children's kid shoes. All colors . . . only 15 cents at all stores.

OTHER BIXBY POLISHES

ROYAL—*self-shining black polish gives instant shines without rubbing.*

BLACK DYE—*turns light colored leathers (except suedes) to a jet black.*

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Take Your Sun Bath This Way

Advises BARBARA LENOX

EVERYONE concedes the value of sunshine as a health measure but what about it as a beauty agent? Is sunshine good or bad for the skin and hair? Here in the West where we live so much out-of-doors the matter of exposure is a very important one. For one thing, our "sunshine" season is so much longer than in New York, for instance. Here, spring is all over and done with, and most of us have had weeks of invigorating sun baths in our own gardens, just when New York is talking about the first robin.

With months of exposure before you—swimming, motoring, golf, and with

them sun, dust, wind, salt water—how will you look by September? Will your hair be streaked, your skin coarse, and will there be freckles, hundreds of them? Why not be smart this year, and retain the smoothness and fine texture of your skin while you grow gloriously tanned and healthy? Summer neglect brings complexion tragedies that months and even years of repairing cannot correct. Your 1935 complexion depends a great deal on what you do now. As you wish to look, so you shall.

Sunshine is a wonderfully effective beauty treatment if you learn to use it properly. Dr. Howard Crum, skin specialist, says that sunshine is a wonderful tonic and stimulant to both hair and skin, but too much sun injures both skin and hair. The face should be exposed only long enough to produce a slight redness, and before being subjected to another exposure, the skin should be permitted to return to normal. Used in this manner, sunshine will cause a minute flaking of the skin, refine its texture, and assist in eliminating enlarged pores and oiliness. Owing to its sterilizing action, sunshine is of great help in the treatment of acne.

Sunshine, plus unprotected skin, equals a dry, leathery skin. Why? Because the natural oil in the skin is dried out faster than it is replaced. Obviously, if we want to retain the smooth, supple quality in the skin we must wear a protective coating of cream. A thin coating of an ointment for burns, for instance, will prevent 50 per cent of the sun's rays from penetrating the skin for four hours. A protective cream does for the skin what sun glasses do for the eyes—it softens the glare. There are many types of protective creams, and often the choice is largely a personal one. The important factor is not to use anything drying, or anything that is not suitable for our western climate. There is one type made of almond meal, honey and lemon juice which is applied with a damp sponge and leaves an even protective coating of harmless ingredients on the skin. If you want something more oily for arms and legs, an ointment such as is used for burns is beneficial. Males, who have a complex about using anything which might be considered effeminate, like this type of product for sunbathing.

After a sunny day on the beach it is not wisdom to use water on the face for several hours, and if your burn is at all severe, treat it as a burn. Use on it a

product made for burns, or consult a physician, as sunburn can be much more serious than most people imagine. I have an interesting little booklet on burns which I shall be glad to send you on request (please enclose a stamp.)

Is sunshine good for hair? Again the answer is yes, and no. An overdose of sunshine on the hair is like an overdose of sunshine on the skin. Used in moderation, sunshine is invigorating and beneficial to the scalp, but with excessive exposure the hair becomes brittle, streaked, lifeless. Those who make a special study of hair say it is best to keep the head covered while out of doors. This does not mean tight hats, which make the scalp perspire and interfere with circulation, but light airy, headgear; this year we have the enormous hats which are so enormously flattering, and which can be used to advantage as a protection for the hair. A hair oil rubbed into the scalp each night is beneficial to dry hair, and of course don't forget the important daily brushing and

finger tip massage. You will find that your finger wave lasts much longer if you will do this two or three days after your wave: take a net of the type used in finger waving, wet it thoroughly, then after the waves have been arranged in place, wrap it around the head and leave until dry.

Unwanted hair is one of the most annoying beauty problems. It is unthinkable for a well groomed woman to have unsightly hair under chiffon hose, or on the arms. What shall we do about it? Unfortunately there is nothing with the exception of the electric needle, that will destroy hair permanently, but there are depilatories which will discourage hair growth. A wax depilatory, for instance, removes hair from the root, and the new growth takes longer to return than when the hair is removed at the skin surface. The cream and powder depilatories dissolve the hair growth. This type of depilatory was formerly an evil smelling preparation that brought forth black looks from all members of the household, but no more—they are now almost odor-

less, and quick and easy to use. If removal of hair is undesirable, it may be bleached by peroxide and ammonia until it is inconspicuous. And just a word about unwanted hair while we are on the subject: creams do *not* make hair grow on the face. A hair follicle and hair papilla must exist before hair can grow.

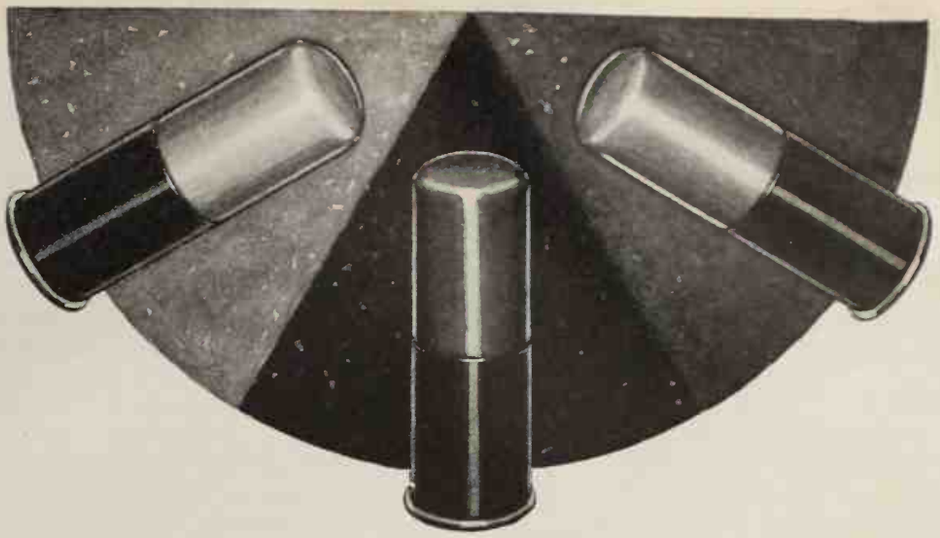
It is much easier to prevent freckles with protective creams than to correct them after they have appeared, but if they insist on making their appearance, try bleaching them with a pack made of almond meal and lemon juice or buttermilk. There is a product made of almond meal and buttermilk which is grand for this. And if the shade of tan is a little deeper than you like, lemon juice used in a pack will lighten it for you.

Hands more than any other part of our anatomy suffer from summer exposure. Roughness, dry cuticle, hang nails, brittle nails that crack and split are only a few of the uncomfortable things that happen to hands in summer. Protection again is the answer to roughness, and warm oil nail baths are the answer to brittle, cracked nails. A good cuticle oil works magic on hang nails and dry cuticle. Use it every day, and keep nail polish away from the cuticle. The strong shades of polish look smart with suntanned hands. Twin rings or twin bracelets to match your nail polish are amusing and smart for summer. Nail polish is such fun anyway. I hope you won't always wear one shade just because someone said you should. Perhaps the very shade you thought was taboo for you is the one that will add an interesting accent to your type. And you won't know until you try.

WHEN YOU APPLY MAKE-UP

When you apply make-up for beach or garden, be sure to do so by daylight and not by artificial light, otherwise you will have too much rouge or powder, or not enough, or in the wrong place; and of course you will want to use the indelible "light tested" type of lipstick and rouge. By "light tested" I mean retaining the same shade under any light, thereby overcoming the common fault of make-up which looks different under different lights. The indelible lipsticks are really lasting if applied to dry lips according to direction, and what a joy they are for vacation. As you grow tanned be sure to change your powder to a deeper shade.

If you would like to know the names of some good products to be used during the summer, I have some helpful little booklets which I shall be glad to send you. There is a product that will relieve the aches and pains after horseback rides or strenuous exercise, another that will tell you about sunburn and protective creams, nail polishes and lipsticks and rouge suitable for the West. And there is a wonderful product for those who are susceptible to poison oak. This month we have divided our department into three parts: first the physical side of beauty; then next we're going to talk about style from the point of clothing ourselves decoratively; and last, about personality or charm, which is the very important invisible side of beauty. Do you like this arrangement? (See page 52



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to acquaint you with the marvelous

LINIT BEAUTY BATH

ANY WOMAN would be delighted to have one or more of these attractive, long-lasting, waterproof lipsticks. You have three popular shades to choose from (see coupon below) and you will be amazed at their genuine quality and real value—yet they cost you only 10¢ each.

This generous offer is made possible by the makers of LINIT, that well-known Beauty Bath preparation that is used by fastidious women everywhere—to keep the skin as soft and smooth as velvet. You will be fascinated by a LINIT Beauty Bath and its *instant* results in beautifying your skin.

Merely send the top from a LINIT package with 10¢ (to cover cost of wrapping and postage) for EACH lipstick desired, using the coupon printed below.

LINIT *is sold by grocers and department stores.*

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Please send me.....lipstick(s). Shade(s) as checked below. I enclose..... .....¢ and.....LINIT package tops.

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Unmask Your Beauty

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Easy to apply. Colorful—brilliant—lasts a full week or more. At all drug or department stores.

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• Style •

EVERY woman has one hat or dress that makes her seem more attractive than she appears in other costumes. Naturally, she seeks other garments that will duplicate its becomingness, but frequently because she does not know just wherein lies the magic of the cherished garment, she fails to duplicate its charm. When we don't like a dress we say it has no style, but just what is style? The dictionary says that white is the color of white objects, and style we might say is what a woman must have to be stylish; but despite this, style can be reduced to a matter of knowing a few basic principles of design, and if we can become familiar with these, we can be assured of success in every costume.

SPEND MONEY TO SAVE IT

There is such a thing as spending money in order to save it. Appropriateness is important; becomingness, color, line—all these must be coordinated into a successful ensemble. Every line of your costume should accent the best lines of your figure, the lines near your face being perhaps the most important. Take necklines for instance. The woman skilled in selecting costumes that dramatize her, refuses to consider a gown with an unbecoming neckline. As a general rule the lower the neckline, the smaller the face seems, and the more delicate the features. High necklines are therefore most becoming to girls whose features are small. The square neckline makes the face and shoulders seem wider, and is often tempting to the girl with a thin face and narrow shoulders—with unbecoming results if the neck is at all bony or thin.

The neckline which is most generally becoming is a V-shaped one, because it is slenderizing and softening to the features. The long oval line and the cowl line are also often flattering. Hat lines, hair lines, and those made by beads and earrings are also important and may age or youthify the face. Long slender earrings for instance have a tragic way of calling attention to sagging contours and double chins. Certain types of drooping hat brims also emphasize heaviness along the jaw line. Do you see how important it is to select hats and gowns for you, and you alone? A hat may look charming on your next door neighbor, but on you it may emphasize all the unattractive lines of your face, and that is stupid, when you might as well emphasize all the lovely lines—and everyone has lovely lines in her face. Sometimes they've been hidden for so long by unbecoming clothing that we begin to think they're not there, but they are, and if you will follow this little column month by month we will show you how to bring out all your hidden charm, and how to make all your wardrobe a success.

Colonial Dames MASSAGE CREAM

MORE EFFECTIVE because it is made with pure almond oil. It penetrates deeper than other creams.

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Endorsed by Barbara Lenox

At all Drug and Dept. Stores

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GET IT FOR A SONG

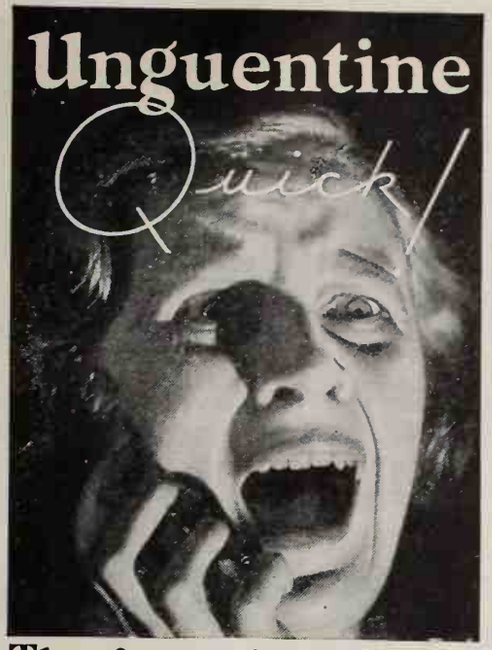
Moore Aluminum Push-Pins

To Hang up things

Won't mar walls. Can be used with a hammer

6 for 10c All Hardware and Stationery Stores

MOORE PUSH-PIN CO., Philadelphia



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Burns!

Don't lose a minute. Apply Unguentine at once. Stop the unbearable agony; soothe and protect the seared area from the air. Prevent infection, festering and a life-long scar.

Buy *Unguentine* now. *You'll never forgive yourself if you haven't got it handy when you need it* . . . . for burns, cuts, sunburn, or skin infections. At all drug stores.

The Penalty of
GRAY HAIR AND DANDRUFF
Will Disappear

Marvelous, Positively Safe Liquid Works Like Magic!

You, too, can have gloriously beautiful hair, free from GRAY and DANDRUFF.

Don't lose your job or social position due to these handicaps. Try the truly wonderful DOUBLE-ACTING liquid-Nourishine for Gray Hair and Dandruff.

Nourishine is applied like a tonic—so easy to use. You get SAFE and POSITIVE results. Your hair will become soft, lustrous, with a natural appearing color that defies detection. Nourishine is absolutely non-injurious to hair or scalp—is positively beneficial.

"Nourishine's tonic-like qualities make it the BEST hair preparation," every user enthusiastically says this about Nourishine.

No matter what you have tried for gray hair or dandruff, forget past disappointments and try this absolutely different liquid. It is not greasy—does not rub off nor stain scalp or linen. The one liquid imparts any color. You can easily prove it best for gray hair and dandruff. Try Nourishine now!

For better results use NOURISHINE SHAMPOO. Contains no acids that hinder the action of Nourishine.

Write for our free booklet, "Home Care of the Hair." Contains helpful hints on the home care of permanents, marcels, oily and dry scalp, describes coloring methods, etc.

Nourishine, $1.25; Shampoo, 50c, at drug and department stores or by mail, except in California, from NOURISHINE COMPANY, 939 S. Broadway, Los Angeles.

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EASY TEETHING
for baby if you use
DR. STEDMAN'S
TEETHING POWDERS

Guaranteed absolutely free from any injurious ingredient and none genuine without this Trade-Mark. Your druggist can supply you.

TRADE GUM LANCET MARK

JAMES H. STEDMAN, England

• Personality •

BEAUTIFUL skin and hair, interesting clothes—is that all we need to be charming? No, of course not. Beauty of face and figure are cold and lifeless without that invisible side of beauty we call personality. It is the blending of the outer visible beauty with the inner invisible beauty that gives poise, graciousness, and charm to women.

It is not enough to have a beautiful face—we must animate it with expression. I have two interesting photographs before me of an experiment which was made lately to show the physical and mental transformation which occurs when a woman *knows* she looks attractive. The first photograph, of a woman who is about 38, clearly indicates that she has lost interest in herself. Her hair is unkempt, her dress is unattractive. She presents an attitude duplicated in thousands of women who feel, "What's the use of dressing up"? Eyes listless, mouth drooping. The next photograph was taken after a series of home facials and hair treatments. An expression of confidence has literally taken possession of her. She looks surprisingly attractive, alert, interested. There you have the inner and outer working together.

It is not enough to have a beautiful body, we must learn to handle ourselves gracefully. Take the matter of entering a room, for instance. Have you ever thought much about it? At social functions do you rush into a room, or slip in quietly and stand about awkwardly waiting to be noticed? Entrances are used by skilled actresses to make a favorable impression on others, so why not use a little of their technique ourselves in applying for a position or at difficult social functions?

One of the best ways to enter a room, according to Margery Wilson, charm authority, is to pause in the doorway for an instant. This slight pause does several helpful things for you. It preserves poise, enables you to locate the person in the room you wish to see, and if you are attractively gowned, the doorway will serve as a pleasing frame. Try it. It's a useful little trick, and one of the many ways by which we can defend ourselves against awkwardness. Next time, sunburn will be discussed under Beauty, color under Style, and self consciousness under Personality.

•

You Must Relax—by Edmund Jacobson. Whittlesey House. McGraw-Hill Book Co. ($1.50).

An interesting and helpful discussion of the technique of relaxation as a means to more enjoyable living. Dr. Jacobson's method can be practiced during activity as well as during rest, and is valuable in preventing exhaustion, insomnia, wrinkles, age marks, and other disorders.

These 2 New Deodorants
WIN THE
Easy-to-use Prize

WHY do the world's leading fashion shops, from Paris and London to Fifth Avenue and Hollywood, *feature* Perstik and Perstop? It's because these deodorants are right up to the minute, modern . . . with a dainty, easy method of application. Their improved scientific formulas never fail to give the protection you seek.

Perstik keeps armpits fresh . . . without muss or fuss

Fingers and nails never touch the deodorant itself when you use Perstik, the original "lipstick" deodorant. Hold it like a lipstick. A few strokes under arms each morning assures lasting protection against abhorrent odor.

Use Perstik before or after you are dressed, or even after shaving. Perstik cannot harm fabric or irritate skin. It is pure, greaseless. Perstik is easy to apply on sanitary napkins.

Perstop stops perspiration . . . quick to apply; quicker to dry

Perstop is for the woman who perspires more freely and must stop underarm moisture as well as odor. Simply touch the sponge-necked bottle itself to the armpits . . . just enough comes out to protect against perspiration for several days. No separate applicator or cotton to use. It is simplicity itself.

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Both Perstik and Perstop have been awarded the Good Housekeeping Seal of Approval for safety and effectiveness. And both are acclaimed as the EASIEST TO USE by the beauty advisers to over ten million women.

NEW WAY TO PREVENT BODY ODOR

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NEW WAY TO STOP PERSPIRATION

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KALO SPRAY
are ideal for **home** use.

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THE SECRET ART OF LIVING.

Within every woman there is a reservoir of intuitive knowledge. A strange influence, they rarely understand. Learn to use it and you will find that happiness, peace, and abundance, you long for.

Write today for the free Sealed Book that tells how you may receive a SECRET METHOD for the art of true living.

Scribe J. W. N.

THE ROSICRUCIANS, (AMORC) San Jose, Calif.

Our Western Wonderland

by C. FRANK BROCKMAN

I ONCE knew a man who insisted upon being awakened at 6:00 A. M. —who fumed and stormed if such was not done—but who invariably threw whatever missile happened to be handy at his supposed tormentor when this request was carried out. Recalling this I walked softly toward the hollow cedar wherein a black bear was stirring uneasily just previous to his emergence from hibernation in the spring. Few of us—man or beast—relish being awakened against our will.

This den had been discovered the day previous by a ranger who called and inquired if I wanted a picture of it. Did I? Such photos are rare and so we were creeping along hoping to get a shot of bruin in hibernation. The snow was almost entirely gone from the entrance to the hollow cedar and the opportunity looked like an unusual one when SNAP—a careless step had broken a dry twig. To us the noise sounded as though a mountain had tumbled in upon itself. The bear stirred uneasily. His head rolled from side to side. We stopped. We surmised that bears in this condition would be slow and dopey and therefore harmless. But so was my alarm clock throwing friend of years ago dopey upon being awakened though this condition did not affect his accuracy when my fleeing form served as a target.

The bear finally came to. Through glazed eyes he looked out upon a cold, wet and entirely uninspiring world. Then slowly he lumbered out of his den and shambled off through the woods. His two tormentors were hardly worth more notice than a couple of disgusting glances as he departed.

But while we failed to get the coveted picture of a bear in hibernation we were thus given an opportunity to explore his den. A portion of the shell of this hollow cedar had been ripped open to expose a large hole which served as an entrance to the interior. Evidence showed that the bear had stripped numerous cedar and fir boughs from small trees nearby and with these he had lined the floor of his haven and thus, in a space large enough to comfortably admit two men, bruin had spent the winter.

•

THE habits of our birds are mirrored in their feet and in their beaks. The owls, like all birds of prey, have talons that are constructed so that they may readily grasp and hold their prey in a vice-like grip until such time as they may readily use their strong, hooked beaks in the process of tearing the un-

Your son . . . will develop in health and personality and will enjoy comradeship of fine boys and counselors as a camper at the

LOKOYA Boys Camp

(Two hours drive from San Francisco Bay Cities)

Your son will develop real swimming ability in our filtered pool. He will acquire skill in sports through playing team games and individual coaching. He will enjoy the freedom of life in the open yet will be fully safe-guarded.

Lokoya Boys Camp is located eleven miles northwest of Napa. A beneficial change from the Bay Region is provided by the warm, dry climate and the elevation of 1500 feet.

The Camp is beautifully wooded, is free from accident hazards and is easy of access.

CAMP SEASON
June 10 to August 4

AGE GROUPS
Senior Camp 15 to 17
Junior Camp 11 to 14
Midget Camp 6 to 10

Camp Mother assists in care of younger Campers

The Reduced Camp Fees of 1933 are in force for the 1934 season.

Write today for complete information.

PAUL FLEGEL
917 Carmel Avenue, Berkeley, California.

Send information concerning

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Name .....

Address .....

City ..... State .....

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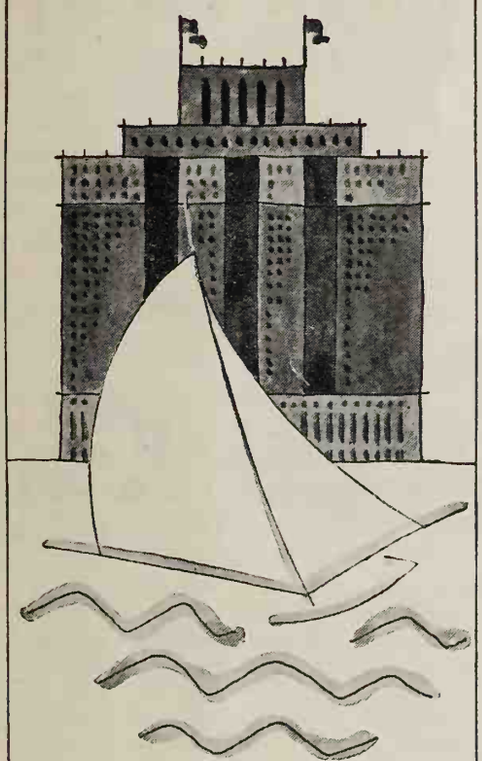
OVERLOOKING
LAKE
MICHIGAN
AND
WORLD'S
FAIR



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STEVENS
MICHIGAN BOULEVARD
7 TH TO 8 TH STREET

3000
OUTSIDE
ROOMS
3000
BATHS
5.00 UP

DIEM

fortunate victim to pieces. The well-known woodpecker has a beak that is square on the end, like a chisel, for very obvious reasons while its feet are formed so that they serve as a climbing tool. Without its long slender spear-like beak the kingfisher would be at a decided disadvantage when seeking the finny inhabitants of our streams and while the foot of this bird is such that it serves in perching, it is also so modified that it comes in for good use in digging as well. The nest of this bird is generally at the end of a tunnel constructed in the earth-bank of some stream.

Then consider the quail. Here one finds a beak designed for browsing and as the quail spends the greater share of its time on the ground its feet are suited to walking. On the other hand while the pigeon has walking feet, something of the same character as those of the quail its beak, instead of being designed for breaking open seeds and catching insects, is adapted for picking seeds from the ground which are swallowed whole. For a general utility all around beak we might use the waxwing as an example and as this beau brummel of birdland is arboreal its feet are those of perching birds.

•

Picnic Menus

(*Continued from page 26*)

MENU NUMBER FIVE

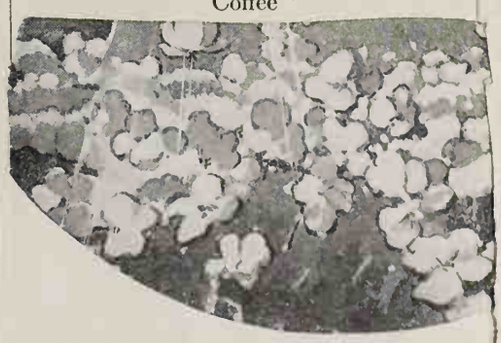
Lamb Stew Pearl Onions
French Bread and Butter
Sponge Cake Cocoa

LAMB STEW

Order as many lamb hocks from your butcher as you need for your family. Melt some shortening (2 or 3 tablespoonfuls); when hot add the salted and peppered lamb. Cut up one or two medium onions and add these. Cook the lamb until brown, add hot water, and cook slowly until lamb is done. Add carrots cut lengthwise and after fifteen minutes add potatoes cut in rather large pieces, and cook 30 minutes longer. Mix thickening as for gravy, add and cook, stirring until nicely thickened. This is a most delicious stew with its tender lamb, golden carrots, potatoes and brown gravy.

MENU NUMBER SIX

Cold Fried Chicken
Tomatoes Roasted Potatoes
Avocado Salad Strawberry-Ice Cream
Coffee



kill flies

Quick... with this scented spray

BIF has a pleasing scent which quickly leaves the room. Produces an extremely fine mist which *will not spot or stain walls or furnishings*, and which is most effective in killing flies, moths, mosquitoes, etc.

Absolutely safe, economical, and best of all —it really *kills the pests!*

Pints 50c Quarts 85c
Bif Sprayer 35c

Get them today from your neighborhood store!

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THE SCENTED SPRAY

A GUARANTEED PRODUCT OF THE UNION OIL COMPANY

NO CRACKED LEATHER!
WITH THIS
Acid Free!
WHITE CLEANER

Free from acid, Omega will not crack leather. Omega **protects** your shoes by guaranteeing these **5** features . . . .

★Not to turn yellow
★Not to crack leather
★Not to rub off
★Actually removes spots
★Whitens as it cleans

Omega NU-WHITE

AT SHOE STORES
DEPARTMENT STORES
SHOE SHOPS

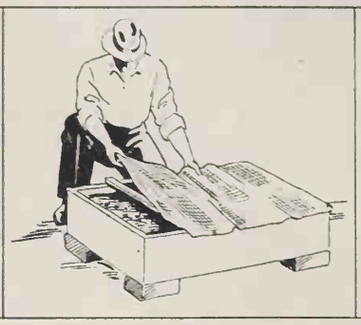
A GUARANTEED PRODUCT OF

GROWING DELPHINIUM from Seed, Division and Cuttings

By HORACE H. HAYNES *and* E. D. CROWL

1. The adventurous gardener prefers to grow delphinium from seed. Buy the best seed obtainable (we can give you the names of reliable dealers if you wish), and you can develop fine plants. Delphinium seeds are sown in late summer when the seed is fresh to produce good, healthy clumps in the fall.

2. Delphinum prefer a rich, well-drained, light soil. A good mixture for the seed bed consists of equal parts of garden loam, coarse sand, and peat moss. Sift this mixture through a ¼ inch sieve into the seed box and place the frame some distance above the ground to protect seedlings from snails.



3. Firm the soil with a wooden block and then moisten. Sow the seeds in shallow drills (this facilitates transplanting), and cover with this same soil mixture just enough to hide the seed. Keep the loam moist with a rose spray, but never flooded. Shade each flat with burlap or dark heavy paper.

4. Fresh seeds require about 10 days to germinate, and stragglers may require 15 to 20 days. As soon as two or three true leaves appear, seedlings may be transplanted to a second box which is filled with the same soil mixture plus a small quantity of bone meal. Set about two inches apart.

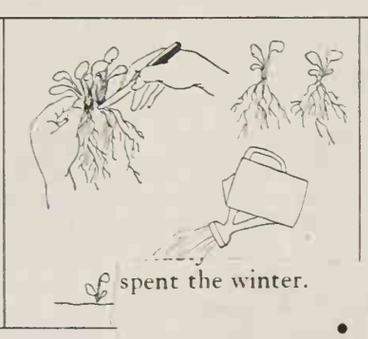
5. In early spring the plants are ready for their permanent location in the garden. They are sun-lovers, but will endure partial shade, and require a rich, sandy loam. In preparing the bed dig at least two feet deep, depositing a small quantity of gravel in the lower twelve inches to insure drainage.

6. From time to time, enrich the soil with quantities of bone meal, wood ashes and limestone. Do not allow strong fertilizers to come in contact with the crowns of the plants. A small trench around each plant will keep them sufficiently moist. When they commence to bloom, feed them with plant food.

7. For the best effect, delphiniums should be planted in groups. Set plants two feet apart with the crowns about two inches below the surface. A group of a dozen plants of the same variety is much more beautiful than one in which every plant is different in size and color. Use as backgrounds.

8. When the plants have bloomed in the spring, cut just below the withered flowers, and when the new growth appears, remove the old stalk close to the ground. By so doing, it is very possible to have two or three crops of flowers each year. Delphinium are delightful with pink, rose, white or yellow.

9. Delphinium may also be propagated by division and cuttings. February and March are the best months to divide clumps. If the season is warm, however, they are often ready in January. The young shoots should be just breaking through the ground when divided. Never disturb when dormant.



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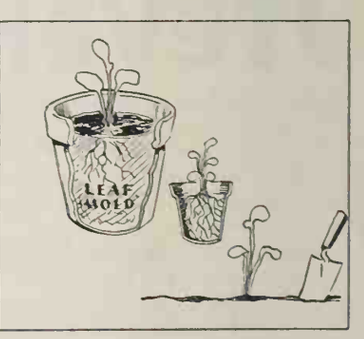

12. Keep the soil moist while they are striking root, and in a partially shaded location. If they dry out, they will die. It takes five to seven weeks for cuttings to root. At the end of this time, they may be transplanted to three-inch pots filled with sifted leaf mold. Transplant later to the garden.

Tips For Tenderfeet

IS your lawn infested with dandelions? If it is, and you want to get rid of them as most gardeners do, dissolve two pounds of iron sulphate in a gallon of water. With a small spoon, pour a small amount on each dandelion plant. Be careful not to get the solution on your house or on any walls around the lawn area.

•

The common *Aucuba japonica*, which you probably term your Gold Dust plant, may be brought to bear berries. This plant is diaceous—which means that a male plant must grow near by if they are to bear fruit. The berries which this Aucuba bears are really beautiful and give added interest to the plant.

•

The other day one of our subscribers asked us how to color pampas grass. Would you like to know? Secure a small tube of oil paint in the desired color. To a gallon of gasoline add as much of the paint as necessary to create the proper color. Then dip the plumes into this solution, swish them around, and dry them in the air. They dry almost immediately.

•

Azaleas and rhododendrons do not require close cultivation since the roots are near the surface. Close cultivation would disturb the plant, causing it to fail to produce flowers.

•

Mrs. Ann Corwin made many of the flower containers at a recent flower show in San Francisco. She covered unsightly odd-shaped containers with wax in different colors. The wax is heated sufficiently to be pliable and is then shaped around these containers in attractive designs. If your garden club is planning a show, try making some of these.

•

Before planting daphnes, place some small rocks around the roots if you would have a wealth of flowers. All daphnes should be starved to bring them into bloom.

•

Plant dwarf blue campanula in shaded driveways, and gazania in sunny locations. If you want pink flowers, try the dwarf ice plant, *Mesembryanthemum roseum* in your driveway.

•

Annual asters need lime and do better with commercial fertilizer than with manure. Spray the plants with a nicotine sulphate solution and ring each plant with wood ashes for best results.

NEW NICOTINE-OIL BASE SPRAY

KILLS MORE GARDEN PESTS Quicker—

YET IS HARMLESS TO PLANTS

ACTUAL TESTS have proved that Union Garden Spray kills *more* aphids, mealy bugs, red spider, scale, thrips, white flies, etc.

Two Sprays in One

In addition to a Nicotine base it contains a special oil spray and other active ingredients which kill pests not affected by many sprays.

Easier to Use

You simply mix Union Garden Spray with water and it's ready to use. The soap spreader is already added. It makes a fine, atomized spray which covers instantly and completely. Sure death to garden pests, yet *harmless* to plants.

8 Ounce Bottle . . 50c (makes 8 gallons of spray)
Special Union Garden Sprayer 60c

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SACRAMENTO . . . Orchard Supply Co.
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UNION GARDEN SPRAY

A GUARANTEED PRODUCT OF THE UNION OIL COMPANY

Little strangers in your yard?

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Your flowers can be seen but they are safe. Children are entirely free but protected. Your home is barred to unwelcome trespassers and dangerous vagrants. Innocent but trying outside youngsters and your neighbor's pets that have such ruinous ways with your garden are kept at a safe distance.

The problem of making your whole property more livable has become very simple because of the low cost of Cyclone Fence and the ease and quickness with which it can be installed. Cyclone Fence is made of high quality materials, heavily galvanized to resist rust and corrosion. When the installation is made by our factory trained crews you can be sure that it is being correctly handled. Write for free catalog today. Address Dept. S.

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This Month in Your Garden

By MARIE OLSSON
Sunset Garden Department

WE have all learned that as soon as our plants commence to grow, so does our water bill! There is a technique in watering, however, just as there is in every other garden task we perform. With some knowledge of this important summer garden routine, we can reduce water expenditure to the minimum.

Generally speaking, plants, shrubs, trees, and lawns respond best to heavy waterings three or four times a week during a dry season. Daily light waterings moisten the surface of the soil but do not penetrate the ground sufficiently to reach those straying long roots that maintain the plant. Heavy feeders need heavy waterings.

Between the surface soil and sub-soil there is a foot of soil which in most gardens is always very dry. By thorough and regular soakings this area becomes saturated and so creates a contact between the surface soil and the sub-soil.

The purposes of overhead sprinkling are to freshen and cleanse the foliage, flowers and stems of plants, and at the same time supply their roots with moisture. Most annuals seem to respond to overhead sprinkling. On warm days phlox have a tendency to droop; play a light spray on them early in the afternoon and you will note that they freshen up almost immediately. I always water my roses with a fairly strong stream of water and often succeed in washing off stray aphis which the nicotine sulphate solution has missed! Incidentally, overhead sprinkling is one way to help control rose thrip and spiders.

Snapdragons and hollyhocks should always be watered very low so that the foliage does not become moist, for this is one cause of rust. A device easy to construct for low watering, is to tie six feet of the end of the hose (nozzle removed) to a stick six feet long. Hold the stick in your hand with the bottom of the stick and the end of the hose about three or four inches from the soil, and so perform low-watering standing upright. This device is excellent to use in iris beds.

WATERING AND CULTIVATION

Most particularly do we want to keep our lawns green at this time of year. The easiest thing to do seems to be to buy a sprinkler, attach it to the end of your hose, and let the water come forth in a fountain effect. That is fine, provided you allow the fancy sprinkler to remain in one spot long enough to soak the ground to a depth of at least four inches. Since shallow watering encourages shallow root growth, the result of such treatment will be a burnt brown lawn instead of a bright green one.

After a heavy rain is an ideal time to cultivate the ground. Likewise the morning after a heavy soaking is a good time to hand cultivate between plants. It is true that most plants will respond to moisture and cultivation even better than they do to applications of manure. Dahlias demand such care during their growing season. Camellias, rhododendrons and azaleas should be watered and cultivated during the summer months when they are setting buds for next spring's bloom. (A mulch of peat moss around the roots will help conserve moisture.) Chrysanthemums and other fall blooming plants should be watered and cultivated frequently at this season.

By keeping the ground wet in the summer we discourage thrip since they cannot stand wet soil—another plea in favor of frequent summer waterings.

CHRYSANTHEMUMS

The perennial border may be enlivened with chrysanthemums, which you may order from your dealer this month. Last May I planted a dozen new varieties which I purchased from a dealer who specializes in this flower, and the unfolding of the flower of each new plant last fall was a genuine thrill. Established plants should be cut back to within five or six inches of the ground if you have not already done so.

Spring flowering shrubs as mock oranges, lilacs, spiraea and kerria should be pruned this month to encourage new growth. Continue to plant gladiolus bulbs and dahlia roots. Climbers will need tying and some cutting back. Seed of the following annuals and perennials may be sown: asters, stocks, marigolds, zinnias and cosmos. In this connection, we have prepared a Germination Table of Flower Seeds which we shall be glad to exchange for a three-cent stamp. Just address your query to our Sunset Garden Department.

SUMMER SPRAY CHART

During the dry summer months, plant material should be examined frequently for pests and sprayed when necessary. Our "Summer Spray Chart" will tell you the right kind of spray material to use for various insects and diseases. If you would like a copy of this chart, send us your name and a three-cent stamp.

ROSES

Be sure to visit the Oakland Municipal Rose Gardens in Oakland if you are in that city during the summer months. The bushes are all in bloom and you will see many varieties that you will want to plant in your own garden. By the way, roses should be sprayed at intervals of two weeks during this warm period.

LILLY'S SEEDS

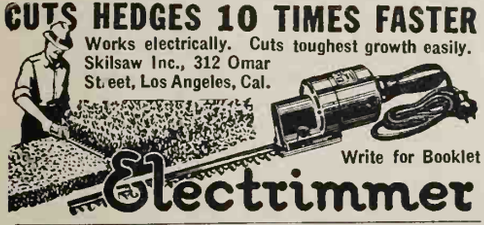
GARDEN GROWERS

can actually economize by using Morcrop the complete humus-base fertilizer. Prices are now lower and Morcrop cuts down on watering and weeding time.

At all authorized Lilly's dealers up and down the Coast.

CUTS HEDGES 10 TIMES FASTER

Works electrically. Cuts toughest growth easily. Skilsaw Inc., 312 Omar Street, Los Angeles, Cal.



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Electrimmer

Sunset's Garden Motion Picture

—IN FULL NATURAL COLOR—

Is Now Ready for Your Garden Club . . .

The last scene of Sunset's new full color garden movie has just been filmed. It's ready now for showing at your club meeting.

This film is both entertaining and educational. It shows, step by step, the correct method for constructing a pool and a waterfall and the planting of beautiful Western shrubs and flowers. Also there are many happy human interest scenes.

And—best of all—your club can see this film at no ACTUAL COST. Write now for complete details to—

Alfred LeConte
Sunset Magazine
1045 Sansome St. San Francisco, Calif.

GARDEN

In even the tiniest of water gardens there should be one or two water lilies and a few aquatic plants. A friend of mine has such a collection planted in an old wash tub sunk in a corner of his garden and it really is one of the outstanding features of his outdoor living room. When water lilies arrive from the nursery (and be sure to buy from a reliable dealer—we can give you the names of such firms if you wish), keep them wet until planted. Set each plant in a bottomless box about one foot square and submerge to the bottom of the pool. The soil in the box should be exceedingly rich and the surface should be covered with a layer of sand, to keep the water clean. Allow not more than one foot of water over each plant. Here is a good idea concerning the feeding of water lilies without removing them from the pool. Tie loosely a piece of heavy paper over one end of a 1½-inch pipe. Place this end of the pipe into the box holding the lily, then run a thin stick through the pipe forcing off or breaking the paper cap. Into this pipe pour a cupful of liquid fertilizer.

•

I THINK I have solved the mole problem and in that solution I answered another question as well.

For years my garden has been a romping place for those annoying animals. They made a network of the soft, sandy soil under my grass. The lawn mower would sink into their runs and refuse to budge. If I transplanted a row of flowers they made a run right down the row. There is a vacant lot behind my two garden lots and that is their breeding place. As soon as they are old enough to toddle they come straight to my garden. The things they have done to me are too many and too pitiful to relate.

Traps were a delusion. If I caught one mole a year I was doing well and he was a blind, feeble rodent and probably in his dotage.

One morning, after a shave, I was wondering what to do with a score or more old double-edged razor blades and it occurred to me I might give some of the moles a close shave.

Carrying my blades and a pair of six inch pinchers, I went to the garden. I carefully pressed down a mole run for about four inches. In the indentation I pushed down a razor blade about three inches below the surface, with the edges pointing toward the run. I planted about twenty-five blades and have kept up the practice since. I have solved the problem of what to do with old razor blades and have not seen a fresh mole run for over two months.—Alfred Lyman Flude, Pacific Grove, California.

Treasures Are Locked in Nature's Storehouse

How can they be found?

There is a lot yet to be learned about soil chemistry, but most home gardeners are satisfied to see results achieved by the use of proper plant food. A luxuriant lawn and a gorgeous garden are all the evidence they want that

CALA-BONE
(AMMONIATED)

for example, contains the plant food which accomplishes the desired effect. How? It not only quickens bacterial action in the soil, but provides necessary plant food over a long period of time. And then . . .

"Jones used Ammoniated Cala-Bone around his rose bushes," puts in the next-door neighbor. "Did you see those beauties?" "You bet," comes the quick rejoinder. "Where can I get a sack?" And the answer to that query is your seed or fertilizer dealer, or—

MAIL THIS COUPON TODAY

☐ Send me free sample and illustrated leaflet: "For Luxuriant Lawns and Gorgeous Gardens."

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(NAME OF MY SEED OR GARDEN STORE OR NURSERY)

Clip this coupon and mail to: GARDEN DEPT.

Pacific Bone Coal & Fertilizing Co.
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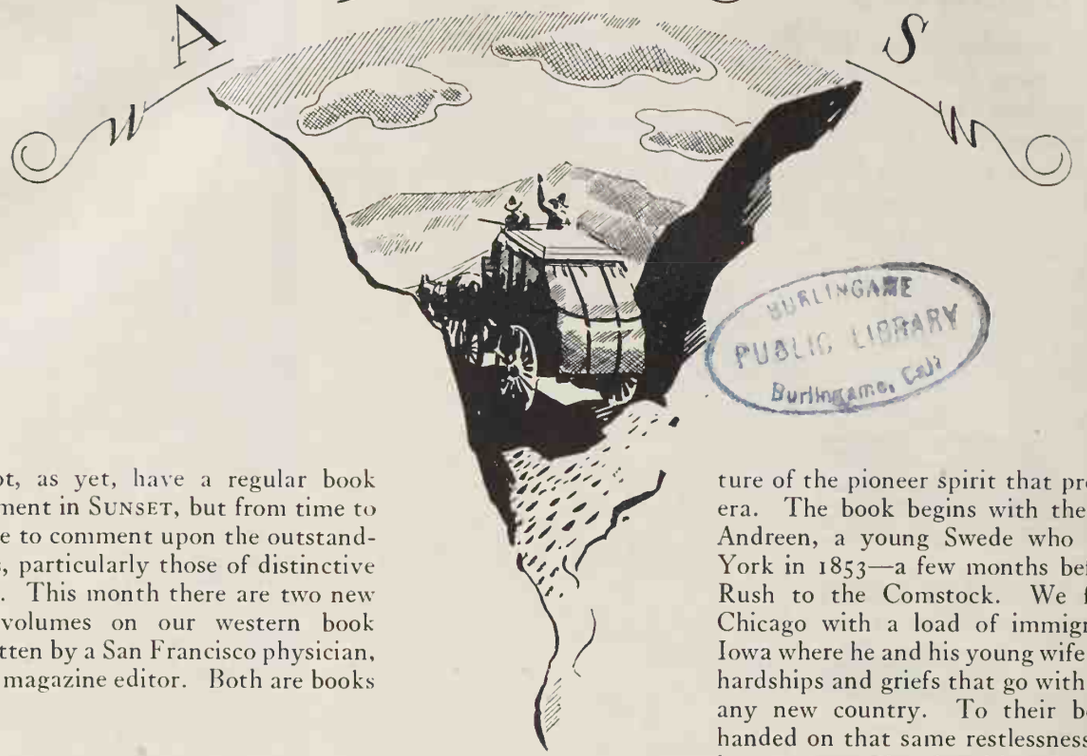
ADIOS



BURLINGAME PUBLIC LIBRARY Burlingame, Calif.

WE do not, as yet, have a regular book review department in SUNSET, but from time to time we do like to comment upon the outstanding new books, particularly those of distinctive western flavor. This month there are two new autographed volumes on our western book shelf—one written by a San Francisco physician, the other by a magazine editor. Both are books that will live.

• •

Ever since 1871 when Mark Twain published "Roughing It," western writers have been trying to tell the story of those thrilling days in Virginia City, when pioneer hitch hikers became millionaires overnight and spent fortunes as fast as they made them. But no one has told the story of those times so accurately and so straightforwardly as has Dr. George D. Lyman in his new book, "The Saga of the Comstock Lode." Not only are Dr. Lyman's descriptions realistic, but in the 400 pages of his book he has recorded sidelights on western history that are hailed as "news" by those of us who are always interested in delving into the past tense of our plu-perfect country. For instance, on page 390 we read that Lola Montez, famous stage star of the '50's, discarded her husband Pat Hull within twenty-four hours because he had halitosis. Bits of gossip like this, while not of paramount historical importance, indicate that the author has spent a great deal of time searching out fresh material for us. His saga is a real contribution to western literature.

• •

"The Saga of the Comstock Lode" is an informative book. It will thrill you, it will make you smile, possibly laugh, but it will not make you cry. You can easily read it without a handkerchief. This is not true of "Trumpets West" by Elmer T. Peterson, Editor of Better Homes and Gardens, a magazine that is read and loved in thousands of western homes. Whereas the saga of the Comstock is chiefly about pioneer men who kept their homesickness and grief to themselves, "Trumpets West" is a story of pioneer family life and is, necessarily, more emotional.

• •

"Trumpets West" is not so much a story of any definite period in our history as it is a picture of the pioneer spirit that prevails in every era. The book begins with the story of Eric Andreen, a young Swede who lands in New York in 1853—a few months before the Silver Rush to the Comstock. We follow him to Chicago with a load of immigrants, then to Iowa where he and his young wife experience the hardships and griefs that go with the settling of any new country. To their boy, Sigurd, is handed on that same restlessness of spirit, and he grows up to break sod in western Kansas. In turn Sigurd's son, Donald, hears the call of Trumpets West and we go on with him to the shores of the Pacific, leaving him at the end of the book, flying his plane westward into the setting sun. Throughout "Trumpets West" there is a theme of music running, but over and above it all we hear the clear call of the invisible trumpet, the voice that has called men and women to adventure in every generation.

• •

Some men in writing of the soil plow up only drudgery, desolation, and futility, but the men and women who live between the covers of Editor Peterson's book find in the furrows of the virgin prairie, strength and contentment, the peace that comes with simple living. The last chapter of "Trumpets West" is entitled "Sunset," a very fitting ending for such a book, and good free publicity for us. Thank you, Editor Peterson. From SUNSET Land we send you greetings and congratulate you upon having captured a precious melody and translated it into words.

• •

We have called your attention to these two new books, not only because they are worthy of comment, but because we strive always to keep alive in this magazine the spirit of the pioneer. Covered wagons and Indian massacres scarcely fit into the editorial policies of a present day magazine, but there will always be a place in SUNSET for memories of the past as well as for dreams of the future. This is still the age of pioneering. Every one of us is searching for a better way of life, just as our forefathers searched in bygone years. If in SUNSET we can open up new paths to the joys of western home making and western living, and still preserve the traditions of the past, we shall have fulfilled our dreams for this western magazine.—Lou Richardson.